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The Fort Erie Times

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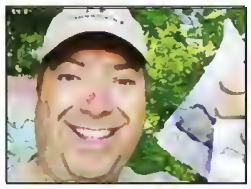

X marks the spot

Niagara resident finds cash from clues via Twitter

3

In the hot seat

Fort Erie's candidates discuss top issues in the community

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Get Rio Vista Retirees golf scores. See page 40

get it online
www.forterietimes.ca

Spring green for Saffi

SARAH FERGUSON Fort Erie Times

The Grade 1 and 2 class, along with the rest of the students at Stevensville Public School dressed in green to show their support for fellow student Saffi Cote, an 8 year-old with Spina Bifida.

Annual event supports Spina Bifida research

Sarah Ferguson
Fort Erie Times

The Cote family never dreamed that, their daughter's walk, Saffi's Walk, would grow as large as it has.

"We really didn't,' said mom Sonia Cote. "We thought this would just be a thing for the family to do."

The 5th Annual "Saffi's Walk: Spirit Wheel Walk and Run Event will be held this Saturday at 10:30 a.m. and the community is invited to participate.

See Page 2

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Saffi has 'beaten the odds,' Sonia says

From Page 1

Sonia is expecting a crowd of family, friends and supporters to arrive early in the morning. The event will feature music and a visit from Fluffy the Clown.

Last year's event featured more than 50 participants, and in previous years, more than 75 individuals joined the walk.

The inaugural event, which has collected about $20,000 for the Spina Bifida and Hydrocephalus Association of Ontario since it began, was organized five years ago to raise awareness for the condition Sonia's daughter Saffron has.

Spina Bifida is a condition occurs during the first four weeks of pregnancy. A child is born with the condition when the spinal column doesn't develop properly, causing varying degrees of permanent damage to a baby's spinal cord and nervous system.

The 3 km route begins at the Cotes' home at 148 Gorham Rd. in Ridgeway on Saturday and continues to Safron's grandmother's house in downtown Ridgeway and back.

It's the same route Sonia said she would walk with her children to visit their grandmother when they were younger.

Saffron, or Saffi as her friends and family know her, has beaten the odds.

"She has a severe form of Spina Bifida. They didn't think she would walk, but she has dodged all of the challenges she's faced," Sonia said.

Saffi is able to walk full-time and her wheelchair, which she used when she was younger, now sits and "collects dust."

"(Saffi) is 99% normal girl with legs that don't cooperate some of the time," Sonia said about her eight-year-old daughter.

June is Spina Bifida Awareness Month and the walk originally began as a way to educate the community about the condition.

"No body knows what it is," Sonia said.

"We wanted to put it out there so Saffi wouldn't have to answer so many questions."

Now as Saffi and her sister Piper become more involved in the community through their school, and extracurricular activities, Sonia said her children's friends get involved in Saffi's walk.

Saffi also organized a Spina Bifida Awareness Day at school, Tuesday, which saw all the students at Stevensville Public School wear green, the colour that represents the condition, in honour of Saffi.

"It's amazing to see (Saffi) is starting to branch off into her own school community," Sonia said.

Participants are asked to bring a non-perishable food item which will be donated to Community Program Outreach Erie.

To make a donation online to Saffi's Walk, visit www.canadahelps.org\gp\35336.

For more information about Saffi's Walk or to make a donation, call the Cotes at 905-894-9502.

sarah.ferguson@sunmedia.ca

FILE PHOTO Fort Erie Times

Participants from last year's Saffi Walk: Spirit Wheel Walk and Run Event took place in early June. Since the annual walk began five years ago, it has raised about $20,000 for the Spina Bifida and Hydrocephalus Association of Ontario.

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Hidden cash found at Green Ribbon Trail

PenFinancial Credit Union is hiding cash in the Niagara region through its Care Cash initiative every Friday

Greg Furminger
QMI Agency Niagara

It took 50 minutes for a St. Catharines man to find PenFinancial Credit Union's first stash of hidden cash.

Through its #CareCash initiative, the credit union will hide in Niagara an envelope filled with cash every Friday. At 6 a.m., staff will begin sharing clues to the secret location through the organization's Twitter and Facebook accounts, offering riddles and pictures to guide curious participants to the prize.

Derek Galipeau found the first envelope last Friday — worth $180 to himself — at the Green Ribbon Trail off Martindale Rd. in the Garden City.

Following the rules, he took a selfie at the location — photos can be posted to either social media platform — asking that the matching charitable amount also provided by PenFinancial be donated to the Education Foundation of Niagara.

"It worked out well because we partner with them often," said Josh Juhlke, the credit union's marketing and communications specialist.

The prize amount will vary each week. Envelopes will contain a minimum of $50 and a dollar will be added throughout the week, to a maximum of $500, for every retweet PenFinancial's #CareCash posts receive.

A green ribbon will be near each hiding spot.

The promotion is based on recent news about an anonymous donor hiding cash at random locations in San Francisco.

greg.furminger@sunmedia.ca

SUPPLIED PHOTO QMI Agency Niagara

Derek Galipeau of St. Catharines is shown in his selfie after finding the first envelope in PenFinancial Credit Union's new #CareCash initiative. As much as $500 will be hidden throughout Niagara by the credit union on Friday mornings.

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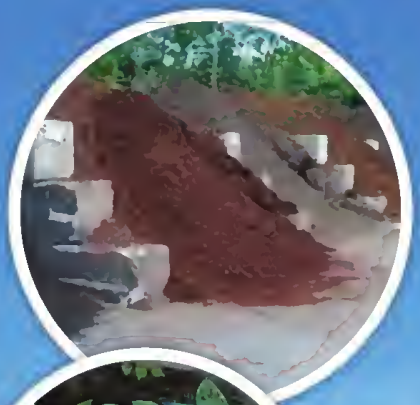

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Barbecue to benefit Children's Miracle Network

TD Bank is hosting a barbecue Friday to benefit the Children's Miracle Network, an organization which supports children's hospitals.

The barbecue will be held from 11:30 a.m. to 5 p.m. at the bank, at 450 Garrison Rd. in Fort Erie. Hot dogs are $2, chicken burgers, hamburgers, and sausage are $4 and drinks are $1.

During the month of June, Fort Erie branch manager Jerry Brisson said TD Bank is collecting funds for the children's organization.

"We don't have a specific goal in mind, but we'd like to raise as much as we can for Children's Miracle Network," Brisson said.

Donations can be dropped off at TD Bank all month long.

For more information about the fundraiser for Childrern's Miracle Network call TD Bank at 905-871-7361.

Niagara Regional Police investigate suspicious male

The Niagara Regional Police are still investigating a report of a suspicious male possibly carrying a knife last Thursday evening in Fort Erie near Our Lady of Victory Catholic Elementary School.

Staff Sgt. Stephen Tchang said police responded to a call of a suspicious male, about six feet tall, with spiked hair, wearing black clothing and a green mask. The call, which was reported by two youths, ages nine and 14, was made to police at 10:22 p.m. last Thursday night.

The witnesses believed the male was carrying a knife but the report was unconfirmed, Tchang said.

After a search was conducted using the police's canine unit, which saw a portion of Central Ave. closed to the public, no threats were identified.

"We set up a perimeter on Central Ave. near Gilmore Rd to have the police's canine unit attend but nothing was found."

"The incident still remains under investigation," Tchang said.

Volunteers wanted for Ridgeway Summer Festival

Ridgeway Summer Festival are looking for volunteers to assist with the community's annual two-day event.

Volunteers are needed on July 5 and 6 for a variety of duties which include general set up and tear-down, running children's activities, distributing promotional material, the information booth, manning barricades and clean-up.

Volunteers must be 15 years or older, outgoing and organized. High school students looking to earn volunteer hours are encouraged to apply.

Three-hour shifts between 6 a.m. and 6 p.m. on July 5 and 7 a.m. to 9 p.m. on July 6 are available.

For more information about volunteering, call festival coordinator Pauline Carroll at 905-353-5043 after 6 p.m. or e-mai ridgewayfestandevents@gmail.com

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Don't throw your ballot away

Last provincial election in Ontario, less than half those eligible to vote actually cast a ballot.

Leading up to this election, advance polls were down 6% over the last election. Does that mean more voters are waiting until the last minute to make up their minds, or does it mean an even poorer showing at the polls?

There seems even more than the usual discontent, more disenchantment with politics in general and with all parties this election, so it seems likely the voter turnout could be even more dismal than in 2011, which saw a record low of 48%.

To those who feel marginalized, there is a solution. This is not an encouragement to spoil or decline a ballot. It's a plea to get out to the polls and vote, for somebody, if possible, or for nobody, if that's all you can muster.

It's telling that there is talk this time in the media, and even at the leaders' debate on TV, of declining a ballot, but are voters clear on what that means, or how to go about it?We all know how to spoil a ballot.

The problem is, it gets counted the same as a ballot where a genuine error has been made. It makes no political statement, so really is a waste.

If you want your vote to be recorded as a protest against your choices, you must decline your ballot.

That means you take your ballot and hand it back. According to Elections Ontario, the deputy returning officer will immediately write the word 'declined' upon the back of the ballot and preserve it to be returned to the returning officer. An entry will be made in the poll record that the elector declined to vote. That means you are publicly refusing to vote. It doesn't happen in the seclusion of the voting booth, it is out in the open. It may go against the grain for those who believe in the privacy of marking a ballot, but it is the only way to actually protest, and presumably, if you feel that strongly, you won't mind others knowing.

We are not counselling people not to vote. The much better decision is to research the policies of all parties and vote for the one you believe will do the most good for the province of Ontario over the next four years. Because if you decline your ballot, one party will still be elected and form a government, and you will have had no say as to which one that will be. But if you are truly so disillusioned that you can't bring yourself to support any candidate or the party they represent, declining a vote is an option that will be recorded as such.

Not a great option, but better than sitting at home and doing nothing.

Do You Remember?

Thanks to Linda Mawson, Betty Koabel and our intrepid volunteers, we now know that last week's photo was of a welcome tea for Father Foley held by the St. Joseph's Catholic Women's League of St. Joseph's Church Snyder.

Linda phoned to identify her cousin, Lorraine Collee standing on the right and this was confirmed by Betty.

Thank you as well to John Sherk, Bob Brown and Kevin Kormos for calling in about the previous week's photo of the Fort Erie Senior Elementary School students. These children won their trophies for public speaking in 1980. Left to right: Shelly Gagnon, 2nd place - Grade 7; Kevin Kormos, 1st place - Grade 7 and Patty Shaw. As first place winner, Kevin advanced to speak at the Fort Erie Legion.

This week's photo has shows one man really using his head. If you can tell us who he is or any of the other players in the photo, please call the Museum at 905-894-5322 or e-mail museum@forterie.on.ca.

letters to the editor

Wall of Fame inductee attributes success to student athletes

Dear Editor,

This letter is in response to an article in last week's edition of the Fort Erie Times titled 'Sports Wall of Fame makes history."

This article provides a sporting glimpse into the past history of football that took place by the former Bertie Township high schools: Fort Erie, named the Falcons, and Ridgeway-Crystal Beach, called the Blue Devils.

The two schools dominated the very strong, competitive high level football competition from the late 1950s to the early 1970s in what was called Zone 3.

The zone included 10 schools stretching from Pelham, to Port Colborne and Fort Erie.

I was a coach of the Ridgeway squad from 1966 to 1974. I have realized from past experiences, that one does not stand alone to claim a championship in the complex and competitive game of football. You need a team of helpers.

I was fortunate to have two outstanding, energetic, talented and dedicated coaching assistants: John White and Richard Zanchin.

John and I had just graduated from McMaster University and Richard and I were classmates at Christ the King College, a few years earlier.

In our first year as a coaching unit, we molded a team of competitive, competent, eager young athletes into a championship team.

John handled the backfielders and Dick set up the offensive and defensive linemen and backers. This team of coaches refined their strategies to effectively direct RCBHS to win another championship the following year, and then again three years later.

The coaches didn't win the games, nor the championships. The group of talented, self-sacrificing, dedicated student athletes who were committed to excellence in performance were the champions.

We congratulate the teams' accomplishments and relive the fond memories as their honours are recorded on the Wall of Fame.

Pat Hudak
Fort Erie

Union is grateful for support

Dear Editor,

The members of CUPW Local 536 want to thank the thousands of Fort Erie residents who signed our petition to save home mail delivery, and the many businesses that collected signatures for us. We have forwarded your signed petitions to MP Malcolm Allen who will present them in the House of Commons joining thousands of signatures on similar petitions across the country.

We need to keep up the pressure on Canada Post. That's why we will be sending out "Postcards that you can send to your MP, no postage required, just sign it and drop it in the mail. We also have lawn signs if you would like to show your support in that way.

At this time we are facing another challenge from Canada Post and this one is local. Canada Post plans to downsize our Post Office Retail counter in mid July. We don't have all the details at this time, but in other towns where this has happened, the lineups gets longer because staff and hours have been reduced. As the true owners of Canada Post, concerned Fort Erie residents should call Canada Post and speak out.

Together, we can work to defeat these unnecessary cuts and force Canada Post to reconsider.

Jennifer Young
President, Canadian Union of Postal Workers Local 536

Resident appreciates living in Fort Erie

Dear Editor,

I thoroughly appreciate the merits of living in Fort Erie.

People are extraordinarily friendly and everybody helps one another-my neighbors let me walk their dog.

In addition, there is far more privacy here than in a large city. I can sun tan in my yard without feeling like an exhibitionist.

The air is pristine and oxygen rich which encourages me to spend the majority of my day outside not inundated with the pollution of cars and the stress of traffic.

Most importantly, living gets stripped down to the basics real quickly.

I take evening walks and marvel in the scent of burning wood. Its a marvelous place.

Mark Abell
Fort Erie

Letters to the editor

Do you have an opinion about an issue happening in the community?

Send a letter to the editor. Your letters must be no longer than 350 words.

Submissions can be mailed to The Fort Erie Times, 450 Garrison Rd, Unit 1, Fort Erie, On., L2A 1N2 or send an e-mail to sarah.ferguson@sunmedia.ca.

opinion page

Library celebrates World Cup with FIFA Xbox 360 tourney for teens

Amy Roebuck
Fort Erie Public Library

Soccer's 2014 World Cup begins today in Brazil, and at the Fort Erie Public Library, we are getting in the mood with a FIFA Xbox 360 tournament this Saturday, at 10:15 a.m. at the Centennial branch.

Come play to determine the best 'footballer' in the FEPL world. Pre-registration is required; there is no fee to play and all ages are welcome.

There is still room for teens to register for the What every babysitter should know course being offered by St. John Ambulance at the Crystal Ridge branch of the library this Saturday, at 9:30 a.m. For information or to register, please call St. John Ambulance at 905-356-7340.

Ages 11 and up are welcome to sign up for this helpful workshop.

One more offering for teens is a free book group that meets this afternoon at 3:30 p.m. at the Centennial branch.

Terrific movies are in the line-up for the week ahead: Away from Her, Music Man and Grand Budapest Hotel are all playing. Gordon Pinsent and Julie Christie star in Sara Polley's Away from Her, a wry and touching film about the toll that dementia takes on a long-time married couple. Away from Her will be shown at the Centennial branch this evening at 6:30 p.m., and at 2 p.m. on June 17 at the Crystal Ridge branch. On June 18, the Robert Preston-Shirley Jones classic Music Man will run beginning at 1 p.m. at the Centennial branch.

Grand Budapest Hotel stars Ralph Fiennes and an amazing cast in the story of a great hotel, great paintings, great fortunes and great risks playing out against the changes in Europe between the two world wars. Grand Budapest Hotel will be screened at the Centennial branch on June 19 beginning at 6:30 p.m., and will encore at a 2 p.m. matinee on June 24.

Father's Day, coming up on Sunday, doesn't get nearly the hype that Mother's Day does from purveyors of flowers, cards and candy, but relationships of men or women with their fathers have produced some of the most compelling reading one can find.

Here are a few of the intriguing selections from the library collection: Deni Bechard's memoir Cures for Hunger tells the story of Bechard and bis quest to solve the mystery of his father Andre. Ryan Knighton is the author of C'mon, Papa: dispatches from a Dad in the dark, which the Globe and Mail describes as 'a book about a baby, whose daddy is blind and a fine writer.' This is one story written without self-pity or self-congratulations.

Books for expectant or first-time dads include Blindsided by a Diaper, Dadlands, and How Men Have Babies. Older Father's Day favourites include the late Tim Russert's pair of books, Big Russ and Me and Wisdom of our Fathers.

To find these or any books in the library collection, visit the web site www.fepl.ca.

Amy Roebuck is the Community Services Coordinator at the Fort Erie Public Library.

'A sea of Skunk Cabbages' can be found near entrance to Marcy Woods

Earl Plato

Unbelievable for his old nature lover.

As many of you know I have highlighted Marcy Woods in my articles over the years.

Last month, thanks to Rick Doan, I had a great surprise but not in Marcy Woods.

We drove down Halloway Bay Road south to Marcy Lane and the entrance to Marcy Woods but before we got there Rick turned right after the drainage ditch. He was entering the Port Colborne side.

I had never entered this road before.

Almost as far as the eye could see was a sea of Skunk Cabbages. Unbelievable!

I grew up with Skunk Cabbages. It was as a 10 year-old with Bert Miller on the sand dunes in front of Marcy Woods. It was late spring but snow was still in the vales. Bert stopped and asked brother Ed and I what we saw. Ed said the snow around the several plants sticking up through the snow.

Ed said, the snow had melted around each plant. Bert confirmed that Ed was right. Bert then took his pen knife and sliced a small piece of the leaf. " Smell it."

It was a strong odour hence the name, Skunk Cabbage. For many years I have repeated Bert Miller's introduction to this unusual plant to nature lovers.

Bert told us this earliest of our spring plants has an early start by producing internal heat hence melting the snow and getting a head start on attracting insects.

Now here in April, Ed and I drove out to Marcy Woods. On our right, we could see the increasing growth of the Skunk Cabbages. Daughter Allison would help me check out these plants over late winter and early spring months that grew on the Fort Erie side of the drainage ditch. After the Rick Doan revelation Allison, grand daughter Kiara and I entered the west road into the Port Colborne side.

We marvelled at what he saw. We drove a few bundred feet and on our right the unbelievable sea of Skunk Cabbages. I believe that these plants have the largest leafs of our indigenous Ontario plants.

The growth on the tree are called Horse's Hoof. We had a similar one on the Lower Trail but last year it fell to the ground.

I would often stop there and tell them a story about the fungi there. Years ago the late Bert Miller introduced us to Horse's Hoof fungi. Bert using his pen knife scraped a large amount of the dried fungus on a piece of bark.

He then took a match to the substance. It did not catch on fire but it glowed. Bert said, "Do you know about punk sticks?" Of course we did. Back then you would take a punk stick and light the end. It would glow steadily allowing to easily light all your fire works. Bert gave a scientific name for the Horse's Hoof material and said, "Same thing as found in the punk stick." Be curious in nature in 2014.

Earl Plato is an author and a resident of Fort Erie.

Skunk cabbage.

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With the school year ending, the Sanctuary offers activities for kids

THE SANCTUARY
CENTRE FOR THE ARTS

Nadine Pizzicarola

School is almost over and now the fun can really begin.

We from the Sanctuary and the Fort Erie Arts Council felt the same way.

Luckily, we got some help from some amazing people who are dedicated to teaching children new and interesting things.

We are very happy and excited to be able to offer four Summer Art Camp this year.

From July 2 to July 4, children ages three to four get to be part of Melissa Lococo's Paint Extreme Art Camp.

Parents are encouraged to stay and participate.

The class costs $55 including all materials. Miss Melissa is also offering a class from 1 p.m. to 3 p.m. during the same days for children ages five to eight for $90.

Nine to 12 year-olds get to show their artistic talent from July 7 to 10 from 11 a.m. to 1:30 p.m. Miss Melissa will explore a variety of painting applications and print making techniques in a fun and unique way. This session cost $135 including all materials.

Miss Melani Pyke is inviting kids aged five to 10 to draw, paint and play art inspired games from July 28 to Aug. 1, from 1 p.m. to 4 p.m.

Children are encouraged to wear painters' clothes. Included in the $190 for the camp are snacks and all materials.

Last but not least, Abbie Scheffold is showing kids 10 years and older how to create their own Muppet Puppet creation from Aug. 11 to 15 and Aug. 18 to 22 from 11 a.m. to 4 p.m.

Design and create your own foam and fur puppet. This session costs $200 a week. Members receive 10% off for the first child and 15% for the second child for all classes.

To register or to get more information, please e-mail the Arts Council to fortenieartscouncil@gmail.com.

Feeling lucky? Face your beer fears on Friday the 13th at 5 p.m. by joining us in Brimstone Brewing Company's tap room for a pint.

How to find them? Walk under the ladder, past the open umbrellas, shoo the black cat off the barstool (if you dare) and take a seat. Don't spill the salt.

Brimstone Brewing Company will also be supporting the events at the Fort Erie Race Track on June 15 – Father's Day.

Visit the Tiki Bar and enjoy a delicious craft beer.

Now, I would like to draw your attention to a great event on June 14.

Once more, I'd like to point out how supportive this community is. Always ready to help in any way possible. On June 14, we have the honour to be part of the Second annual Evening of Hope – a fundraiser brought to life by a group of friends who were confronted with the evilness of cancer. The funds raised will be given to members of this community to help with medical expenses and other cost to fight this horrible disease.

So come on out and show your support. Alison Spada and her group have worked hard to put together a great and fun event with silent auction, appetizers and music.

On June 15, we are welcoming our friends from Hey Ocean! for the second time to our stage. They are one of the most promising bands on the radio these days and really nice guys. Hey Ocean! will be supported by Highs - an Indie/Afro-pop/New wave band from Toronto and Singer/ Songwiter Rosie June who comes just like Hey Ocean! all the way from Vancouver. The perfect mix to shake things up on a Sunday!

On June 19, one of Canada's most influential Singer/ Songwriter Hayden is visiting Fort Erie. With a career spanning over almost two decades, Hayden's name has often been mentioned with other great Canadian musicians such as Neil Young, Leonard Cohen and Gordon Lightfoot. A special treal on a Thursday night.

Both Hey Ocean and Hayden are Brokenvan Production shows.

If you want to learn more about the musical acts playing at The Sanctuary, google their names and check out their work on youtube. It might open a whole world for you.

For more information about classes, workshops, events and concerts, please visit www.thesanctuaryarts.org or like us on facebook.

Nadine Pizzicarola is a member of the Sanctury Centre for the Arts.

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CLEAN FATHER DIRTY SON

GIVE YOUR DAD A FATHER'S DAY TO REMEMBER!

8:30 AM TO 10:00 AM – Tiki Bar Breakfast Club – Watch the horses and riders train while enjoying a scrumptious breakfast buffet for $8.00/person.
Plus receive a free pocket program!

NOON – Farmers Market gets underway – Enjoy fresh baking, fruits and vegetables, meats, crafts and much more!

Cheer on the horses and let Dad pick the winners
Post Time 2pm

Try local Craft Beer from Brimstone Brewery at the Tiki Bar Patio while enjoying live entertainment

Admission and parking are always **FREE**

For more information visit
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Delivery Allowance	/// $500
COSTCO DISCOUNT	/// $500
BROCK'S DISCOUNT	/// $988
BROCK'S SALE PRICE	$18,636 + HST and Lic. only

0% Financing to 72 Months

OPTIONS

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2014 MUSTANG V6 PREMIUM COUPE

STOCK # 143007

Market Value	/// $35,738
Delivery Allowance	/// $4,500
COSTCO DISCOUNT	/// $1000
BROCK'S DISCOUNT	/// $2,054
BROCK'S SALE PRICE	$28,184 + HST and Lic. only

INCREDIBLE!

Summer Fun!

OPTIONS

2.5L engine, 6 spd auto, air, cruise, tilt wheel, pwr windows, pwr locks & more

2014 FUSION SE FWD

STOCK # 149051

Market Value	/// $27,133
Delivery Allowance	/// $1,000
COSTCO DISCOUNT	/// $1,000
BROCK'S DISCOUNT	/// $1,298
BROCK'S SALE PRICE	$23,835 + HST and Lic. only

0.99% Financing to 60 Months

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OPTIONS

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2014 EDGE FWD SE

STOCK # 141168

Market Value	/// $33,183
Delivery Allowence	/// $2,250
COSTCO DISCOUNT	/// $1,000
BROCK'S DISCOUNT	/// $1,000
BROCK'S SALE PRICE	$28,933 + HST and Lic. only

0% Financing to 60 Months

OPTIONS

2.5L 4 cyl engine/6spd. auto/100B Pkg /p windows/p.locks/ tilt cruise/air/ & much more

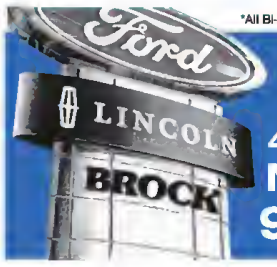
2014 ESCAPE SE FWD

STOCK # 141139

Market Value	/// $26,249
Delivery Allowence	/// $750
COSTCO DISCOUNT	/// $1000
BROCK'S DISCOUNT	/// $1,325
BROCK'S SALE PRICE	$23,937 + HST and Lic. only

84 MONTH FINANCE @ 1.99% $149.00 BI-WEEKLY + HST & LIC

*All Bi-Weekly Payments are plus HST & license. All lease and purchase pricing is plus HST and lic. only. *0% financing up to 60 months 0% leasing up to 48 months. *Excluding F-250 to F-550 Classic Cab. Must be Costco Member on or before April 30th, 2014



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Saturday 9am-5pm
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2008 RANGER S/CAB SPORT — ~~$13,990~~ $12,990* — stk#FT0528 — WOW $162† bi/wkly

2009 DODGE GRAND CARAVAN SE — ~~$13,990~~ $12,990* — stk#FT1172A — WOW $134† bi/wkly

2010 FOCUS SE — Only 33,097km — ~~$13,990~~ $12,990* — stk#FT2016C — WOW $134† bi/wkly

2009 HONDA CIVIC SI 6SPD — ~~$14,990~~ $13,990* — stk#FT1039C — WOW $145† bi/wkly

2013 FOCUS SE — ~~$15,490~~ $14,490* — *Used 1 Owner — stk#FT9021C — WOW $111† bi/wkly

2010 LINCOLN MKZ M/ROOF NAV LOADED — ~~$15,990~~ $14,990* — stk#FT9012D — WOW $155† bi/wkly

2011 FUSION SEL 6CYL — ~~$16,990~~ $15,990* — stk#FT9005B — WOW $142† bi/wkly

2012 FOCUS SE — ~~$16,990~~ $15,990* — stk#FT2006D — WOW $138† bi/wkly

2008 EDGE SEL — ~~$17,990~~ $15,990* — stk#FT3308A — WOW $200† bi/wkly

2010 ESCAPE XLT 6CYL M/ROOF LTHR — ~~$17,990~~ $16,990* — stk#FT1128E — WOW $176† bi/wkly

2011 ESCAPE XLT 4WD — ~~$18,990~~ $16,990* — stk#A3296A — WOW $151† bi/wkly

2013 FUSION SE — ~~$21,990~~ $20,990* — stk#R1220A — WOW $160† bi/wkly — Used Previous Daily Rental

2011 EDGE SEL — ~~$22,990~~ $21,990* — stk#FT1193B — WOW $196† bi/wkly

2011 LINCOLN MKZ — ~~$23,990~~ $21,990* — stk#FT9001H — WOW $196† bi/wkly

2012 EDGE SEL NAV — ~~$23,990~~ $22,990* — stk#FT1145F — WOW $175† bi/wkly

2013 FUSION SE — ~~$23,990~~ $22,990* — stk#H1018A — WOW $175† bi/wkly — Used Previous 1 Driver HP Vehicle

2008 F150 S/CREW FX4 4X4 — ~~$23,990~~ $22,990* — stk#FT1170B — WOW $287† bi/wkly

2013 ESCAPE SE — ~~$23,990~~ $22,990* — stk#F1001A — WOW $175† bi/wkly — Used Previous 1 Driver GE Vehicle

2010 LINCOLN MKX — ~~$24,990~~ $23,990* — stk#FT9008B — WOW $248† bi/wkly

2013 TAURUS SEL LOADED — ~~$24,990~~ $23,990* — stk#R1216A — WOW $183† bi/wkly — *Used Previous Daily Rental

2010 F150 S/CREW XLT XTR 4X4 — ~~$26,990~~ $25,990* — stk#FT5077A — WOW $268† bi/wkly

2012 DODGE RAM 1500 SPORT 4X4 — ~~$26,900~~ $25,990* — stk#FT2048B — WOW $198† bi/wkly

2013 EDGE SEL — ~~$26,990~~ $25,990* — stk#H1015A — WOW $198† bi/wkly — Used Previous 1 Driver HP Vehicle

2011 EDGE LIMITED, AWD NAV, LOADED — ~~$27,990~~ $25,990* — stk#A3308A — WOW $231† bi/wkly

2013 FUSION TITANIUM — ~~$27,990~~ $26,990* — stk#R1214A — WOW $206† bi/wkly — * Used Previous Daily Rental

2013 ESCAPE SEL 4WD — ~~$30,490~~ $29,490* — stk#R1219A — WOW $225† bi/wkly — Used Previous Daily Rental

2013 EDGE SEL AWD LOADED DAILY RENTAL — ~~$31,990~~ $29,990* — stk#R1212A — WOW $228† bi/wkly — * Used Previous Daily Rental

2012 LINCOLN MKT ECOBOOST — ~~$38,990~~ $37,990* — stk#A3322A — WOW $289† bi/wkly

2013 LINCOLN MKX LOADED — ~~$42,990~~ $40,990* — stk#R1213A — WOW $312† bi/wkly — *Used Previous Daily Rental

2013 F150 S/CREW PLATINUM LOADED — ~~$41,990~~ $40,990* — stk#FT5080B — WOW $312† bi/wkly — * Used 1 Owner Local Trade

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*2007 Based on 36 month term *All prices include fees, plus HST & licence. †Biweekly payments include all fees & taxes plus licensing. 0 down OAC. Year 2008 payments based on 48 Month Term at 6.99%. Years 2007 to 2011 based on 6.99%. Years 2012 to 2014 based on 5.99% / 2008 based on 48 month term. Year 2009 & 2010 based on 60 Month Term year 2011 based on 72 month term. Year 2012 to 2014 based on 84 month term. Ex 1. $10,000 financed at 6.99 % over 60 mths. is a biweekly payment of $91.25 # payments = 130. Cost of borrowing is $1877.90. EX. 2 $10,000 Financed at 5.99% over 84 mths is a biweekly payment of $67.33 # of payments = 182. Cost of borrowing is $2,253.83. See dealer for details

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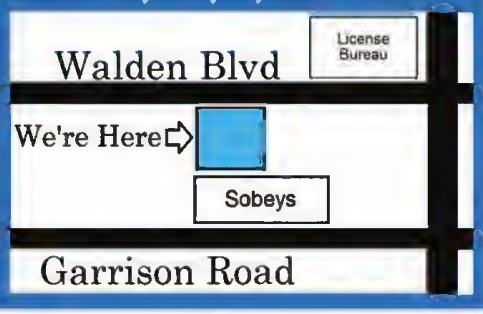

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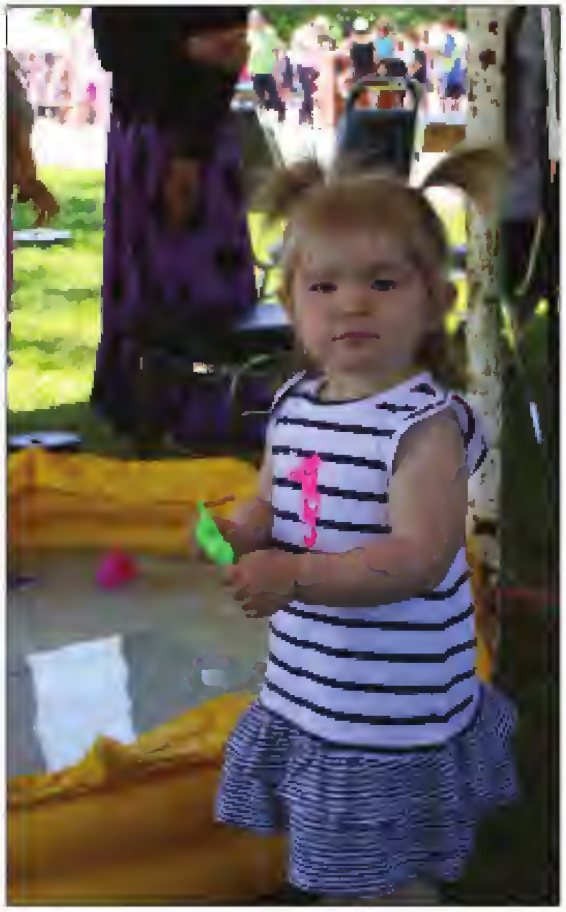
Springfest signals the start of summer



JOSEPH BURD Special to The Times

The Stevensville Kinsmen and Kinettes hosted Springfest in Stevensville on Saturday at Stevensville Fire Hall. The event featured fire truck displays, games, a children's area, and more than 40 vendors. (Top left) Two year-old Alex Sakarian, of North York, Ont., visited with Iron Man. (Top right) Ward 1 Stephen Passero looked on in terror as a youngster tried to get him wet in the dunk tank. (Bottom left) Zoey Chambers, one, visited Springfest with her family, who have been attending the event for years.

COMPARE & SWITCH

Youngs Low Cost Term Life Insurance VS Mortgage Insurance

Sample Quote:

Monthly cost of $200,000 coverage for a Female Non-Smoker

Age	Youngs	TD	Scotia	RBC
35	$12.33	$28.00	$26.00	$26.00
45	$19.76	$60.00	$58.00	$58.00

Monthly cost of $200,000 coverage for a Male Non-Smoker

Age	Youngs	TD	Scotia	RBC
35	$15.57	$28.00	$26.00	$26.00
45	$26.76	$60.00	$58.00	$58.00

*Quotes are based on a standard health risk; rates may be higher if applicant has a pre-exisiting medical condition. Premiums shown are subject to change based on rates at time of quotation for a 10 year term.

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FORT ERIE ONTARIO

Our Focus: Your Future

NOTICE OF DUST SUPPRESSANT APPLICATION

The Town of Fort Erie will commence the 2014 Dust Suppressant program in June, weather permitting. Gravel roadways will be treated throughout the town.

As roads are treated, traffic may be **restricted for non-emergency vehicles** to allow for the material to absorb into the road surface.

Residents are encouraged to use alternate routes during these times to prevent the transfer of any material from the road surface to their vehicles.

Information on the dust suppressant material and program is available at the John L. Gibson Operations Centre, 1818 Pettit Rd. from 8:30 a.m. to 5 p.m. or by calling 905-871-1600 ext. 2466.

THE CORPORATION OF THE TOWN OF FORT ERIE
2014 MUNICIPAL ELECTIONS
NIAGARA AREA CANDIDATES' SESSION

ATTENTION CANDIDATES AND POTENTIAL CANDIDATES

Are you interested in running for Municipal Office or School Board Trustee in the 2014 Municipal Election? If so, this session is for you!

The Town of Fort Erie in conjunction with the area municipalities of the Niagara Region will be hosting a free Niagara Area Candidates' Information Session to be held:

Date: Thursday, June 26, 2014
Time: 7:00 p.m. to 9:00 p.m.
Location: Council Chambers (Campbell West, Ground Floor)
Niagara Region Headquarters, 2201 St. David's Road, Thorold

This session, presented by the Ministry of Municipal Affairs and Housing, will provide information on the municipal elections process. Topics will include the nominations process, campaign period, duties and responsibilities of candidates, scrutineers, recounts, campaign finances and reporting. The session will provide candidates and other interested persons with the information, rules and regulations they need to know about the upcoming Municipal Elections to be held on October 27, 2014.

Please note, THIS IS NOT A CANDIDATES' DEBATE FORUM.

A second Candidates' Session has tentatively been scheduled for September 24, 2014. This session, also free, will focus on campaign finances, financial reporting and compliance audits. Further notice will be given at the appropriate time.

For further information, please contact Carolyn J. Kett, Town Clerk and Returning Officer at 905-871-1600 ext. 2211 or by email at ckett@town.forterie.on.ca or Janet Beckett, Election Assistant at 905-871-1500 ext. 2217 or by email at jbeckett@town.forterie.on.ca or visit the Town's website at www.town.forterie.ca.

On request, this notice will be made available in alternate formats for persons with a disability.

Carolyn J. Kett
Town Clerk and Returning Officer
(905) 871-1600 ext. 2211

EMPLOYMENT OPPORTUNITIES

Purchasing and Finance Clerk (Competition No. 16-2014)

You will support the Manager, Purchasing and Finance Services in maintaining the capital asset accounting system, actively participating in both the purchasing and advertising processes, oversee the general accounts receivable responsibility and process accounts payable. You have a post-secondary education in accounting or business, technical knowledge of accounting practices, mathematical and reasoning skills and proficiency in MS Office, Lotus Notes and Accpac accounting software.

Supervisor, Construction Projects (Competition No. 17-2014)

Reporting to the Manager, Engineering Division, you will facilitate and oversee the administration of in-house and consultant administered infrastructure projects. Among other things, this includes preparing design criteria/plans/specifications; preliminary and detailed project material and cost estimates; conducting field inspection and site supervision.

Want to know more? Visit www.town.forterie.on.ca click on Town Hall, then Employment Opportunities. The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request.

2014 MUNICIPAL ELECTION
A NEW MPAC ENUMERATION INITIATIVE

Voterlookup.ca replaces the traditional Municipal Enumeration Form mail-in system administered by the Municipal Property Assessment Corporation (MPAC).

Are you recorded as an eligible elector for the upcoming municipal election?

Potential electors can visit **voterlookup.ca** to confirm and/or update their electoral information in a few easy steps. You can also change/update your school support for electoral purposes and add names to your property address.

Confirming and updating this information will help to ensure the Voters' List is accurate and up-to-date in preparation for municipal and school board elections occurring October 27th, 2014.

Find out ahead of time if you are an eligible elector and if your information is correct. Visit voterlookup.ca or call MPAC at 1-866-296-6722.

THE TOWN OF FORT ERIE

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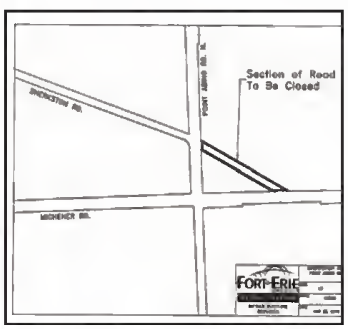
FORT ERIE ONTARIO

Our Focus: Your Future

NOTICE

CLOSURE OF TRAVELLED PORTION OF ROADWAY – SHERKSTON ROAD (POINT ABINO ROAD TO MICHENER ROAD)

Point Abino Road was downloaded to the municipality by the Regional Municipality of Niagara in 2012. Council has awarded the contract to reconstruct and make drainage improvements on Point Abino Road from Michener Road to the Friendship Trail. As part of these works, the Town is proposing to close a travelled portion of Sherkston Road (Point Abino Road to Michener Road). This section of Sherkston Road was identified for closure due to maintenance end sefety issues in 2000.



The following map outlines the proposed closure:

As part of the public consultation for this project e Public Information Centre (PIC) is being planned to provide interested parties with an opportunity to review the design plans. Those attending the PIC will have an opportunity to meet with the Project Team end discuss issues related to the project.

Wednesday, June 25th, 2014

4:00 p.m. to 6:00 p.m.

Fort Erie Townhall Atrium
1 Municipal Centre Drive
Fort Erie, ON L2A 2S6

If you are unable to attend the PIC, but have comments or questions regarding the project; please contact the following:

Kelly Walsh, P.Eng – Manager, Engineering Division

Town of Fort Erie
1 Municipal Drive
Fort Erie, Ontario L2A 2S6
Phone:(905) 871-1600 Fax:(905) 871-6411
Email: kwalsh@town.forterie.on.ca

REQUESTS FOR TENDER

2014 SIDEWALK CONSTRUCTION PROGRAM
CONTRACT NO. ISE-14T-SIDE14

The work consists of the removal and disposal of concrete sidewalk as well as the supply and placement of sidewalk throughout the Town of Fort Erie, including Buffalo Road, Garrison Road and Erie Road.

LEWIS STREET SANITARY SEWER REPLACEMENT
CONTRACT NO. ISE-14T-LEWI13

The work includes the installation of a new storm sewer and sanitary sewer including installation of all associated maintenance holes and service lateral connections, a new watermain, including service lateral connections and complete road reconstruction. The extent of the project is from Glenny Streat to the Niagara Parkway, in Fort Erie.

Specifically, the installation includes approximately:

- 440 m of storm sewer
- 580m of sanitary sewer
- 670m of watermain
- 3200 m2 of new road base and surface

Sealed tenders addressed to Carolyn J. Kett, Town Clerk, will be received by the customer Service Unit (CSU) at 1 Municipal Centre Drive, Fort Erie, Ontario until

2:00 p.m. LOCAL TIME on: THURSDAY, JULY 3RD, 2014

All formal competitive bid opportunities are posted at www.biddingo.com/forterie and effective Thursday, June 12th, 2014, tender documents can either be purchased from the Town Hall, Infrastructure Services upon payment of twenty-eight dollars and twenty-five cents. ($28.25) or viewed at the Niagara Construction Association Offices located at 34 Scott Street, St. Catharines, Ontario.

The Corporation reserves the right to reject any and all tenders and the lowest or any tender will not necessarily be accepted.

INFRASTRUCTURE SERVICES

REQUEST FOR PROPOSALS

The Corporation of the Town of Fort Erie requires a professional engineering consultant to provide engineering services for the following contracts:

HOLLOWAY BAY, WINGER, OTT, THUNDER BAY AND CENTRALIA BRIDGE AND CULVERT REHABILITATION AND REPLACEMENT

CONTRACT # ISE-14P-HWOT14

Work to include a detailed design, tender package preparation, construction review and contract administration for the rehabilitation/replacement of eight (8) existing bridge and culvert crossing. These structure replacements have been prioritized based on recent engineering appraisal reports. With respect to design services, consideration for the lowest cost alternative that meets the transportation and environmental needs of each crossing replacement will be expected.

CRESCENT PARK STORM DRAINAGE PHASE 4
STORM SEWER, SANITARY SEWER REPLACEMENT, WATERMAIN REPLACEMENT AND ROAD RECONSTRUCTION

CONTRACT # ISE-14P-CPIV13

A complete reconstruction of Daytona Drive, from Garrison Road to Shayne Avenue including new storm sewers, replacement of the existing sanitary sewer and watermain replacement.

The project will consist of:

- Replacement of the existing 150 dia. a.c. watermain with a 150 dia. PVC watermain including replacement of all services up to/including curb stops,
- Replacement of the existing 200 dia. a.c. sanitary sewer, associated manholes and services to property line,
- Design of a new storm sewer system,
- Replacement of the existing road structure

Sealed proposals clearly marked as to contents will be received by Carolyn Kett, Town Clerk, Municipal Centre, 1 Municipal Centre Drive, Fort Erie, Ontario, **until 2:00 p.m. local time on:**

FRIDAY, JULY 4TH, 2014

NOTE: The Town of Fort Erie posts all formal competitive bid opportunities on the Town's Biddingo Landing Page www.biddingo.com/forterie. Alternatively, proposal documents may also be obtained or viewed commencing, Thursday, June 12th, 2014, in the Infrastructure Services – Engineering Department at Town Hall.

For further information, please contact George Stojanovic, P.Eng., at the Town of Fort Erie (905) 871-1600, Ext. 2413 or email to gstojanovic@town.forterie.on.ca

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Health and safety fair planned in Ridgeway

The Crystal Ridge Community Centre will host the inaugural Ridgeway's Health and Safety Fair on Friday, June 27 from 10 a.m. to 3 p.m.

Exhibitors include the Canadian Celiac Association, MS Society of Canada, Ridgeway Wellness Centre, Smoke-Free Niagara, the Town of Fort Erie Fire Department, Waste Management Services, the Niagara Regional Police and more.

The Ridgeway Lions will host at barbecue from 11:30 a.m. until 2:30 p.m.

For more information about the health fair, at 99 Ridge Rd., South in Ridgeway, call 905-894-4611.

1812 advance on Fort Erie

Join soldiers from the War of 1812 as they march from Black Creek Road to Old Fort Erie along the Niagara Parkway on Saturday, June 28 at 9 a.m.

The 2nd Lincoln Artillery are organizing a march attired in British and U.S. soldier's attire. The march will begin at the Black Creek Community Centre with a review of the troops, followed by a brief skirmish.

Along the route, the soldiers will stop to salute 200 years of peace between the U.S. and Canada at the Fort Erie Friendship Festival.

For more information e-mail lincolnartillery@cogeco.ca.

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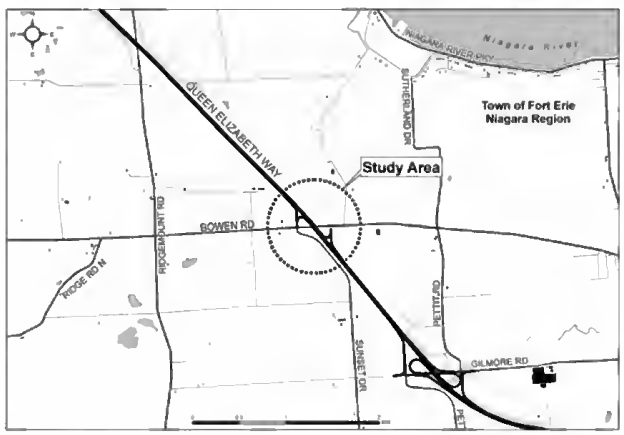
ONTARIO GOVERNMENT NOTICE
NOTICE OF PUBLIC INFORMATION CENTRE

Queen Elizabeth Way and Bowen Road Interchange Improvements
Class Environmental Assessment and Preliminary Design Study
G.W.P. 2482-04-02

THE STUDY

The Ontario **Ministry of Transportation (MTO)**, in cooperation with the Regional Municipality of Niagara, have retained **URS Canada Inc. (URS)** to undertake a Class Environmental Assessment (EA) and Preliminary Design Study for the interchange improvements at the Queen Elizabeth Way (QEW) and Bowen Road in the Town of Fort Erie, Niagara Region. EA approval of the Preliminary Design for the Bowen Road interchange improvements with a 2-lane Bowen Road was received in October 2009. Due to recent changes to the local land use, this study will examine bridge alignment and design alternatives for replacing the existing 2-lane bridge with a wider bridge, including construction staging and detour alternatives. This study will also examine alternatives for modifying and potentially reconfiguring the Bowen Road interchange.



THE PROCESS

This study is following the approved planning process for a Group 'B' project under the MTO *Class Environmental Assessment for Provincial Transportation Facilities* (2000). One Public Information Centre (PIC) has been scheduled for this study to provide the public with the opportunity to discuss the project and provide input to the Project Team. A Transportation Environmental Study Report (TESR) Addendum will be prepared at the completion of the study and made available for public and agency review. Notice of the review period will be published in local newspapers and mailed to those on the study mailing list.

PUBLIC INFORMATION CENTRE

A PIC has been arranged to present the evaluation of alternatives, the preliminary details of the Technically Preferred Alternative and proposed measures to minimize or avoid impacts. The Technically Preferred Alternative includes replacing the existing Bowen Road bridge to the south of the existing alignment with a 4-lane cross section and reconfiguring the Bowen Road interchange to a Parclo A4 interchange configuration. Members of the public, residents and stakeholders are invited to attend the PIC.

The PIC will be held as follows:

Tuesday, June 24, 2014
4:00 p.m. to 8:00 p.m.
Town of Fort Erie – Town Hall Atrium
1 Municipal Centre Drive, Fort Erie

The PIC will be an informal drop-in centre and representatives from MTO and URS will be available to answer questions and discuss the study.

COMMENTS

To obtain additional information, provide comments or to be placed on the study mailing list, please contact the Project Team as follows:

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Ministry of Transportation, Central Region
1201 Wilson Avenue, Building D, 4th Floor
Downsview, ON M3M 1J8
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fax: 416-235-3576
e-mail: alice.lam@ontario.ca

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fax: 905-882-4399
e-mail: tim.sorochinsky@urs.com

Tyler Drygas
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Richmond Hill, ON L4B 4N4
tel: 905-747-1758
fax: 905-882-4399
e-mail: tyler.drygas@urs.com

There is an opportunity at any time during the study for interested persons to provide input to the Project Team including comments and information regarding the study. Comments are being collected to assist MTO in meeting the requirements of the *Environmental Assessment Act*. This material will be maintained on file for use during the study and may be included in project documentation. Information collected will be used in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

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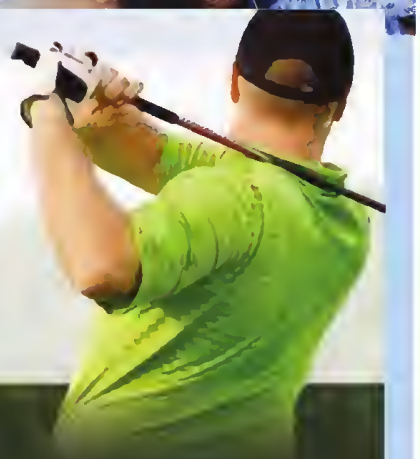

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Candidates discuss Fort Erie Race Track, jobs and education

Sarah Ferguson
Fort Erie Times

The top concerns for Fort Erie residents in the June 12 provincial election include the future of the racetrack, jobs, education and bringing the GO train service to Niagara.

Four candidates vying to win the Niagara Falls riding in the election addressed these issues before a crowd of about 150 people at the Fort Erie Race Track's clubhouse last Wednesday evening.

The candidates included Green Party representative Clarke Bitter, New Democratic Party incumbent Wayne Gates, Progressive Conservative candidate Bart Maves and Liberal representative Lionel Tupman.

The debate, which was sponsored by the Greater Fort Erie Chamber of Commerce, gave the candidates an opportunity to answer questions that were submitted in writing by chamber members and the public.

Maves said "something that needs to be worked on" is the province's 12.5 billion deficit.

The NDP and Liberals, Maves said, offer up promises they can't sustain.

A crowd of PC supporters applauded when Maves spoke about his party's record during their eight years governing the province. The PCs, Maves said, were able to balance the budget, and create more than 1 million jobs during that time.

Maves also promised lower hydro rates and "less red tape and more bureaucracy." If elected, he said his party would put an end to the Ontario College of Trades, the Local Health Integration Networks and scrap the Drive Clean program.

Maves told the crowd he had a "warm spot" in his beart for Fort Erie.

"I've been coming to the Fort Erie Race Track since I was 10. The track is part of the fabric of Fort Erie and I will do everything in my power to protect it."

He slammed the NDP for supporting Liberal policies including gaming legislation. Maves said his party was the only one that voted against removing the slots-at-the-racetrack program, which gave the racetrack a grim future.

All the candidates agreed the slots-at-racetrack programs should be reinstated. But unlike other parties, Bitter said the Green Party "actually has a plan" to bring back the slots-at-racetrack program to help sustain horse racing in Fort Erie.

"The Fort Erie Live Racing Consortium should run it (the program), not the OLG," he said.

The Green Party candidate, who works as a chef at the racetrack and is a husband and a father, "understands" the hardships Niagara residents face.

The Green Party likely won't form a government but Bitter asked voters to give him an opportunity to be their "voice of reason" and fight for the people in the Niagara Falls riding.

He suggested that both the Catholic and public school boards amalgamate into one. At 1.6 million a year in savings, the money could be used hire more teachers and support staff to work in schools, fund GO train service in Niagara and help other projects move forward.

Gates "felt honoured" to represent "the people of Fort Erie, Stevensville, Crystal Beach, Ridgeway and the surrounding area."

"I've fought for jobs, I've fought to keep schools open and I've fought for the community," Gates said.

"I'm asking for the opportunity to continue because I am just getting started."

If re-elected, Gates said he would continue to fight for the Fort Erie Race Track, which "cannot sustain itself" on 37 race dates.

"My party has and will continue to fight for jobs here (in Fort Erie)."

The Fort Erie Race Track is a major job provider, he said.

He said jobs should be created by using local people to build the new hospital planned in Niagara Falls.

"Why not buy local? What's wrong with buying local? Buying Ontario? We should hire local people."

Gates said his party believes in providing a tax credit for new jobs that are created and ensuring economic stability for Fort Erie.

Niagara-on-the-Lake native Lionel Tupman, and a practicing lawyer in Toronto, is the Liberal party's newest representative. He was tossed into the hot seat wben he was criticized for his party's history with the difficulties of the Fort Erie Race Track, the loss of the slots and manufacturing jobs in Niagara.

Although he said he respected Gates, Tupman said the NDP won't form the government and a vote for the NDP party would mean a vote for the PCs.

"It's a race between the PCs and the Liberals," Tupman said.

Tupman, who at 26 is the youngest candidate, said his experience as a lawyer would be beneficial to Fort Erie residents. All of the candidates agreed it is important to support the construction of the Canadian Motor Speedway in Fort Erie but if the community wants to see the speedway built in Fort Erie, the new MPP needs to put pressure on the government for necessary improvements to the Queen Elizabeth Way and the adjacent road to the proposed site for the speedway.

Tupman said he could help move the speedway along.

"If you want to be heard, you have to elect a member who sits in government—not in the opposition."

Tupman also understands the importance of bringing jobs to the community because more youth are moving elsewhere to find employment.

"I have to leave the region to practice in Toronto because we have no jobs here."

He said the province should bring GO service to Niagara.

"I ride the GO train every day. I ride three hours to work each day because there are no opportunities here."

sarah.ferguson@sunmedia.ca

Get live coverage of the provincial election

After success covering the Niagara Falls provincial by-election live on Feb. 13, the St. Catharines Standard, Welland Tribune and Niagara Falls Review are doing it again.

Today Niagara's three daily newspapers will feature a live web broadcast as the Ontario election results come in.

"All media outlets are looking for new and interesting ways to get information out," said Peter Conradi, editor-in-chief of The Standard. "We've adopted livestreaming in a big way and done very well at it."

He said with the increased technical savvy in the livestreaming centre at The Standard and with more informed journalists than anywhere in Niagara, "we're going to be the place to go for election information (tonight)." Especially for Niagara — there won't be any one else to give readers and viewers the depth of information we'll provide."

The broadcast will be hosted by Standard multimedia reporter Karena Walter and former Standard political reporter Kalvin Reid, who now works for Enterprise Canada.

A number of guests will provide comment through the night, including the Niagara Region chairman Gary Burroughs, St. Catharines Mayor Brian McMullan, former Niagara Falls MPP Kim Craitor and area chambers of commerce representatives.

The online coverage at all the dailies' three websites starts at 8 p.m. Join in the streaming Twitter conversation with the hashtag #NiagaraVotes

Visit our Sun Media Niagara sites:

- The Standard - www.stcatharinesstandard.ca
- Niagara Falls Review - www.niagarafallsreview.ca
- Welland Tribune- www.wellandtribune.ca

Niagara Rises: Come and support our local film talent!

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Dead Before Dawn: College kids accidentally break an urn and create a curse that turns people into ZEMONS! Christopher Lloyd **Includes Q&A with Director April Mullen**

A Kind of Wonderful Thing: Diagnosed with cancer, Anna struggles with the last few months of her life until the announcement of her sister's upcoming wedding. **Includes Q&A with Director Jason Lupish**

Vine Life: Story of a Vintage: Directed by Andrew Stevenson Tracks the odyssey of the 2011 vintage for Niagara winemakers battling long workdays, erratic weather conditions and a wildly competitive marketplace.

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SARA FOULIS Fort Erie Times

A group of seven women have rallied together to host a fundraiser called An Evening of Hope, which will be held Saturday at the Sanctuary Centre for the Arts to help families in need. From left, are Amanda Nilson, Alison Spada, Kelly Rotundo, Jennifer Corsi, Lisa Thebald and Jan McGlashan.

An evening to provide hope for community

Alison Spada
Special to The Times

The 2nd annual Evening of Hope will be held this Saturday at the Sanctuary Centre for the Arts at 7 p.m.

The inaugural event was held last year and it was started by a group of seven friends: Amanda Nilson, Alison Spada, Kelly Rotundo, Jennifer Corsi, Lisa Thebald and Jan McGlashan. One of those friends had a brain tumour removed and needed to get treatment at Sunnybrook Hospital for facial paralysis.

When her husband lost his job because the company closed, they were worried about their financial security. The friends decided that a fundraiser was in order to help them get back on their feet.

With the help of many supporters from the community, last year's event was a huge success. The event raised enough money to cover the costs of treatment and transportation, and it also helped several other people in town facing financial stress due to medical costs.

The fundraiser helped to put a wheelchair ramp into a house for a child fighting cancer and a donation was also made to Heaven's Hair Studio's Pink Streaks For Cancer.

Back again this year, Aaron MacGregor, a local singer, will MC the evening and perform.

Heidi Joshua, another local singer, is also donating her time.

Along with live music, the event will feature food, drinks, and prizes.

Tickets for an Evening of Hope can be purchased at Boggio and Edwards IDA, Rona, Our Corner Cafe and DW Howard Reality. Tickets can also be purchased at the door.

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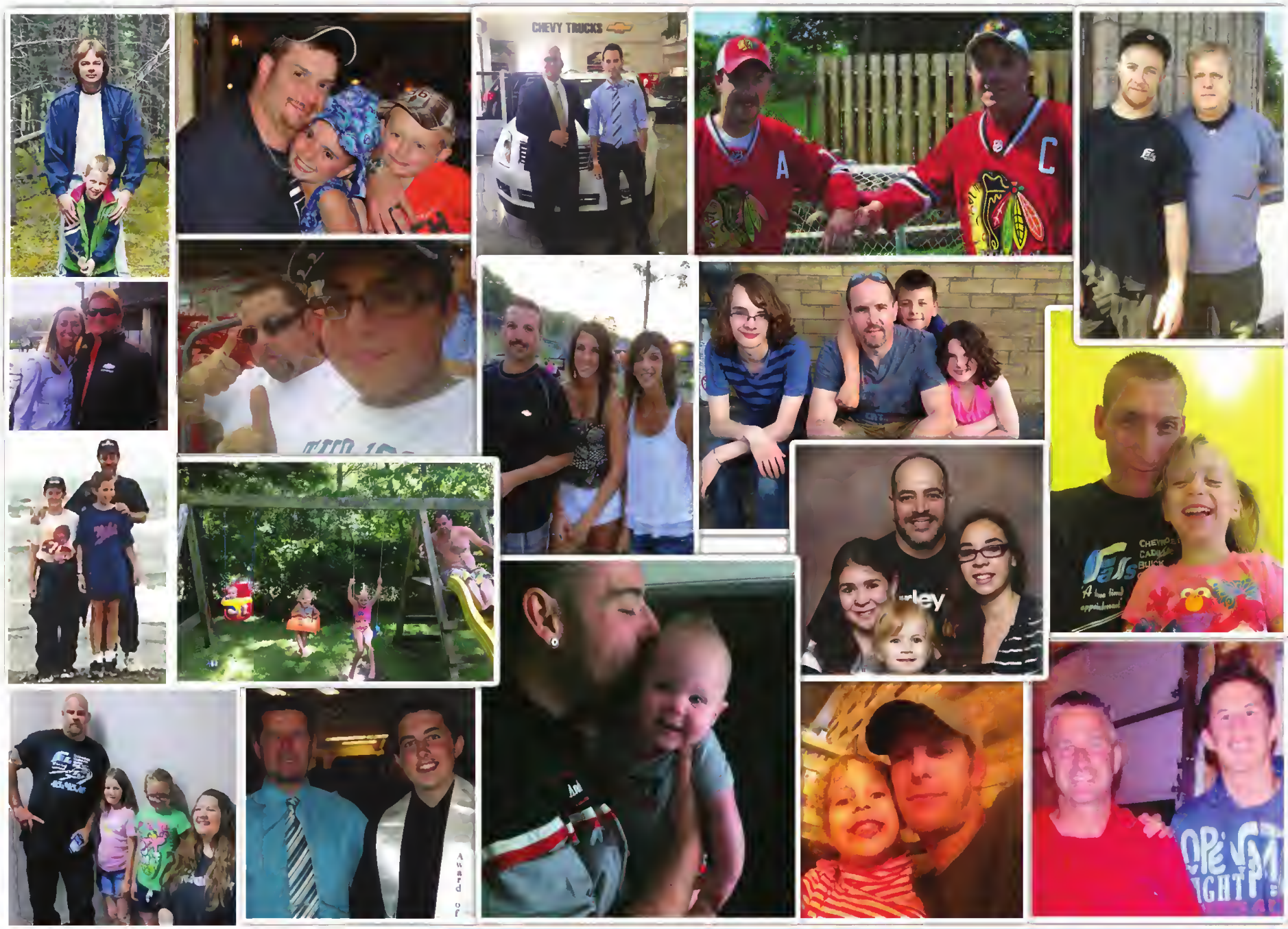

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Hands–on learning

PEACE BRIDGE PUBLIC SCHOOL Special to The Times

Peace Bridge Public School student Ava Aitken recently held a chick when the school's Early Learning Program learned about the small animals.

FORT DEGREE 2014

Friday, June 13 & Saturday June 14

Please join us for the activities listed below. Two events are open to **Masons only**.

Friday, June 13th at the Palmer Masonic Temple, 203 Jarvis St., Fort Erie
: **6:30 P.M.** doors open to all for meet and greet, public invited
: **7:30 P.M.** for **Masons only** in the lodge room, the Valley of Buffalo Colonial Degree Team will exemplify a degree. Refreshments in the banquet room for all following the degree. $5.00 per person, **only 80 tickets available**

Saturday, June 14th at St. Paul's Anglican Church, 32 Idylawylda St., Fort Erie
: **9:30 A.M.** Continental breakfast followed at **10:30** by guest speaker Bro.

Joseph Curry, Lieutenant, Canadian Armed Forces, founding member of Canada Lodge UD, GRC, a military lodge in Kandahar. "Traveling Lodges and Masonry in Niagara, Specifically Around the War of 1812" $10.00 per person, proceeds to Military Families Resource Centre.
Only 200 tickets available and is **open to the public**

: **Noon** at the Palmer Masonic Temple. Light Lunch and Open House with Lodge room tours and an educational presentation.

Open to the public – no cost but please let us know if you plan on attending.
: **5:30 P.M.** - Gates open at Old Fort Erie. **6 P.M.** - Opening ceremonies.

: **7:30 P.M.** - Harmonia Lodge 699 of 1st Erie District, Buffalo, New York will exemplify part of the First Degree – **open to Masons only**. The public will be escorted to the Old Fort Erie Welcome Centre for the presentation of a movie, after which they will be joined by those who witnessed the degree for fellowship and refreshments. $10.00 per person to cover expenses

Hotels: **Clarion Hotel and Conference Centre**, 1485 Garrison Rd., Fort Erie, ON
Cell: 905-871-8333

Comfort Inn, 1 Hospitality Dr., Fort Erie, ON
Cell: 905-871-8500

For tickets: Email: fortdegree@gmail.com or through
Contact page on **www.fortdegree.com**
Telephone: 289 271-8958

Attire: Masons – Regalia Friday and Saturday degrees, suit Friday night. Casual dress all other events. NOTE: Bring a lawn chair to the Fort Saturday night for the opening ceremonies and the degree; **bring jacket, sweater, etc.** as the evening gets cool....**and don't forget the lawn chair.**

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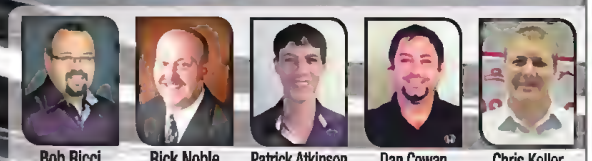

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2014 Civic Touring model shown, prices based on 2014 Civic DX Sedan

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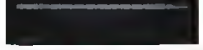

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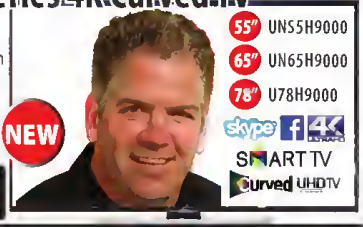

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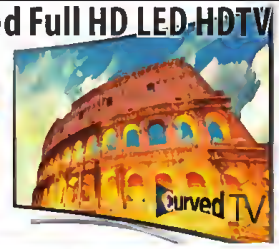

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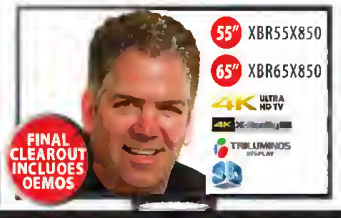

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Summertime fun

JOSEPH BURD Special to The Times

Abby Blaney and Tia Blue took a train ride when they visited Springfest at the Stevensville Fire Hall, Saturday. The annual event is hosted by the Stevensville Kinsmen and Kinettes.

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Relay for life a time to remember friends and family

Annie Pasquariello
Special to The Times

Millions of people across Canada have been affected by cancer. Whether it is family or friends or yourself, someone you know has been impacted by the disease.

Each year, the Canadian Cancer Society holds its popular Relay for Life across the country. Last Friday the annual event took place at Ridgeway-Crystal Beach High School with more than 300 participants. The events happen overnight from 7 p.m., until 7 a.m., in over 500 communities across Canada. Relay for Life also takes place in 20 countries worldwide in the fight against cancer.

Michelle Harder, fundraising co-ordinator at the Canadian Cancer Society, says the overnight relay is reflective of the cancer journey that can be a long and difficult one. It gets hard as the night goes on, but participants have to keep going and the team is there to support them.

"This is a time to get together and remember lost family or friends. This is a community of people who have been affected by cancer and are committed to the cause," she said.

Teams are made up of 10 to 15 people, some of whom are cancer survivors and take turns walking laps all night.

Each team keeps at least one member on the track at all times, while the other team members can enjoy music, entertainment and other activities in the decorated tent area and celebrate life. Not only is the relay a fun event with al l the creative teams, but also a cathartic one.

Before, the Survivor's Victory Lap, former MPP Kim Craitor shared his personal survivor story with the crowd. "When the doctor says you have cancer, that's all you hear and you think the worst," he said.

Kristine Gibley from Team Mission Possible participates in the event in support of her mother Barbara Bolan who is a double breast cancer survivor. Their team was identifiable dressed up as bees and beekeepers with the name Mrs. B's Hive on their tent area. Gibley says this year the team was also walking for a team member who has recently been diagnosed with breast and cervical cancer.

ANNIE PASQUARIELLO Special to The Times
Team Mission Possible at Relay for Life held at Ridgeway Crystal Beach High School at "Mrs. B's Hive" tent area

Ruby Smith from Opal's Red Angels says her team, who dress in red shirts, participates in memory of her sister Opal Baltjes who always called them her angels and whose favourite colour was red.

"It is a wonderful event. It is healing, emotional and we get to share memories with family and friends. It feels good to support everyone in their darkness," she said.

With four survivors on Opal's Red Angels, they have raised more than $75,000 since they started 10 years ago. Smith said each team wants to raise the most money, but everyone is doing it for the same cause.

At 10 p.m., the luminary ceremony takes place to remember loved ones who have lost their battle to cancer. Harder says the night is to celebrate survivors and remember loved ones and fight back against cancer.

As most people are aware of cancer statistics, Mayor Doug Martin addressed the crowd with a hopeful thought. "Hopefully there will be a day that we don't have to do this, but can just come for the party."

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THURSDAY JUNE 12, 2014

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A bouquet for the kind lady that stopped to offer me wipes for my son's face as we were parked on the side of the road while he was getting sick. Your kindness was greatly appreciated

Bouquet for driver who respects speed limits

A bouquet for the driver that drives at 20 kilometres an hour through the streets of Ridgeway, thank you for not killing our residents. Whoever is in charge of setting speed limits in the downtown core needs to give their head a shake if they think 50 kilometres is fine. Try standing at a corner and see how comfortable you feel when one of the parents are rushing their kids to school because they are late for work. When you post 50 they go 60 kilometres.

Brick for irresponsible cat owners

A brick for irresponsible cat owners. You are the reason for bird decline.
Waking up to dead baby robins
Is not a morning treat.

Bouquet for honest people

A heartfelt thank you and a bouquet for the honest person who found my purse in a shopping cart at the drug store in Ridgeway and turned it in. Thank you very much!

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Bouquet for school play

A big bouquet for Stevensville Public School students and staff, for the wonderful performance of The Wizard of Oz. Everyone did an amazing job. A lot of time and hard work was put into this presentation. Awesome job to everyone. I'm looking forward to next year's performance.

Brick for complainers

A brick for my fellow coworker who does nothing but complain. There is nothing worse than coming to work and hearing your coworker complain about anything and everything from the job, to other coworkers and family life. When it comes to the work place, stay on the task at hand and don't complain about everything. No one wants to hear it.

Bouquet for a bride

A bouquet for my fellow coworker who is getting married this week. I wish you a life filled with happiness and love. Good luck to you and your husband-to-be on your very special day.

Send your bricks & bouquets to: sarah.ferguson@sunmedia.ca or phone: 905–871–3100 ext. 210

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SARAH FERGUSON Fort Erie Times

From left, Bertie Public School students Olivia Gillespie, Laura Kim, Grace Pollard, Sarah Watson and Averi Brewster enjoyed cupcakes during an open house held at RCBHS last Wednesday afternoon for new students.

Ridgeway–Crystal Beach High School welcomes future students

Sarah Ferguson
Fort Erie Times

Ridgeway-Crystal Beach High School was buzzing with activity lastWednesday when it hosted a party for next year's crop of Grade 9 students.

"We wanted to do something to say thank you to Grade 8 students for their commitment to their schools and to welcome them to high school," said RCBHS principal John Shaw said.

About 150 graduating elementary students from Garrison Road, Crystal Beach, Bertie and Stevensville Public School visited RCBHS and enjoyed cupcakes, a photobooth, a barbecue and other activities between 12:30 and 2 p.m. RCBHS and participating feeder schools organized the event.

The afternoon was the first time many students got their first look inside RCBHS and it gave the youth "a taste" of what they can expect when they begin their first day of post-secondary education in September.

"This is the first time we have done something like this," Shaw said about the high school's open house.

"This event has been a success and it's something we will do again next year for sure," he added.

sarah.ferguson@sunmedia.ca

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Local artists featured in window display

Heritage Arts Legacy highlights paintings, woodcarvings in Jarvis Street window

Sarah Ferguson
Fort Erie Times

It's difficult for pedestrians to walk down Jarvis Street without noticing a small window filled with paintings, sculptures and other creations.

The displays are just one way the Heritage Arts Legacy, a non-profit group that aims to preserve Fort Erie's cultural, artistic and sports history, is sharing the talent of local artists.

The Heritage Arts Legacy showcases art work in the window of a St. John's English Language Classroom at the Multicultural Centre on Jarvis Street.

Heritage Arts Legacy member Ruby Smith said the non-profit group collaborated with Jack Ashwood, a teacher at the school several years ago.

"Jack, an artist himself, suggested the window space in his classroom be used to present heritage artists' work," Smith said.

"Since then, we have displayed high-end artwork in that window."

Smith said the art displays would not be possible without the partnership the Heritage Arts Legacy holds with the Fort Erie Multicultural Centre.

Artists that have been featured in the window include Peter Gudrunas, Lisa Temple, David Drum, Sue Bonifacio, Carl King, Paul Kassay, Les Knutson, Rhoda Keultjes and many others.

Since the Heritage Arts Legacy began decorating the window with artists' work, more than 40 artists have been featured in the Jarvis Street window.

This month, Ridgeway resident Alison Barclay's whimsical carved animals, garden decorations and birdhouses are on display.

Barclay, who has been creating birdhouses for the past three years, began word carving whimsical creatures two years ago.

Barclay's work is also displayed in her home studio at 252 Bernard Ave. in Ridgeway. For more information about Barclay's work, call her at 905- 894-6132.

sarah.ferguson@sunmedia.ca

SARAH FERGUSON Fort Erie Times

Ridgeway resident Alison Barclay will have some of her whimsical animal sculptures and wood carvings on display at the St. John's English Language Centre in a window facing Jarvis Street. Her work will be on display for the entire month of June.

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EVENT INFORMATION

	Payment Due from Jan 1	Apr 1	Aug1
Marathon *	$95	$110	$120
Half-Marathon Run/Walk	$70	$85	$95
10K Run/Walk	$50	$55	$60
5K Run/Walk	$40	$45	$50
2K Run/Walk	$30	$35	$40
2K / 5K Youth (17 & Under)	$25	$25	$25

All fees are in Canadian dollars.
*Registration deadline for events starting in US is October 20, 2014

2014 RUNFEST WEEKEND

FRIDAY, OCTOBER 24
1:00pm - 7:00pm - RunFEST Expo (Niagara Square), Number Pickup & New Registration (*excluding Marathon*) unless sold out.

SATURDAY, OCTOBER 26
8:15am - 10:00am - Running Room International Breakfast Run. Open to the public. Assemble outside Oaks Garden, FREE Breakfast at Planet Hollywood (approx 9:00am).
9:30am – 5:30pm - RunFEST Expo (Niagara Square), Number Pickup and New Registration (*excluding Marathon*) unless sold out.
2:00pm - RunFEST Sweepstakes Prize Giveaway Presentation
5:30pm - RunFEST Pasta Dinner - $26.00 (Greg Frewin Theatre, U2 Tribute Band, John Stanton & Laura Skladzinski and After Party)

SUNDAY, OCTOBER 26
8:00am - Schools Marathon Challenge Start
8:30am - 5K Start
9:00am - 10K Start
9:30am - 2K Start
10:00am - Half-Marathon Run/Walk Start
10:00am - Marathon Start

No registration or number pickup on Race Day.

From the gardener's journal: butterflies and memories

Ruth Vold Markle
Special to The Times

So how has your week been? That is a question I often hear and I want to say so happily...great, I've been digging in the dirt all week! This week especially I have been trying to catch up on my volunteer duties at several spots and so the dirt and I are best friends right now.

Thanks to a number of generous garden friends the transplanting perennials task is almost complete. The beautiful crop of weeds that seemed to be the only growth for awhile is a little under control. By the way, does anyone have a good recipe for dandelion wine? I've always wanted to try my hand at this so if you could, let me know.

I've been focusing on planting more growth to attract butterflies and came across a short list that may help us all. Just naming some perennials: aster, bee balm, black-eyed susan, butterfly weed, carnation, cone flower, lupine, pinks, purple cone flower, sedum, summer phlox, sweet william, yarrow. I understand hollyhock also attract and of course milkweed. Then there are the shrubs: Rose of Sharon, barberry, butterfly bush, summersweet, dogwood, potentilla, azalea, spirea, viburnum to name a few. I know when we think in terms of a smaller space, say a 4 by 4 or card table size, only one or two shrubs or a few of the perennials will begin the attraction. If you only have annuals you can use: chrysanthemums, cosmos, dill, zinnias, cleomes(sometimes known as spider flowers), and nasturtiums.

I know the wild phlox in the bush behind our place is a wonderful host and already I am seeing many butterflies each day. My on going goal is to expand and encourage into our yard and area. I'll keep you posted on the progress.

In cleaning and mulching once again I walk the memory path. Wherever I have lived I have planted my space to be practical but also in many ways a tribute or a little sentimental. I've had wonderful people in my life who poured their love and encouragement for growth and life into me, so I have tried to honour them by planting memory growth. For instance for my grandmother I plant hollyhocks as she tended them and myself and many of us with love. My lovely mother in law and her mom adored yellow iris and I have some of the ones they so loved blooming in my space right now. When I look at those beautiful yellow flowers, it helps me to remember them and all they meant to me. When my kids visit they look for the blue Rose of Sharon they dub 'the grandpa bush.' This I planted for my dad and my father in law...both wonderful men who farmed and loved the land and shared their knowledge and wisdom along the way. For my little niece who passed before we could know her, I planted a rose bush with tiny pink buds and blooms. And on goes the story of the memory garden that makes an important statement in my growing space.

There is comfort in seeing and knowing these living reminders each year keep the memories sweet. It helps me as I work in the space and enjoy it to think I have in some small way honoured these ones who spent time and love on me.

At special momentsI have mentioned to others who grieve that this growing and specific planting is a way to find comfort and release. Thanks to many of you who have shared your stories of growth and memory, you are an inspiration each day.

We link often this time of year as we move outside and enjoy all the warmer and longer days offer to us. Good to see you on the trails and paths and around the town as we share and enjoy life.

Until next time, keep growing

Ruth Vold Markle is a member of the Fort Erie Garden Club.

2012 NATIONAL COMMUNITIES-IN-BLOOM WINNER

2014 FORT ERIE COMMUNITIES-IN-BLOOM LOCAL PROGRAM

The Fort Erie Communities-in-Bloom Program proudly recognizes citizens and organizations that contribute to the betterment of Fort Erie. Enter your property or nominate a neighbour today!

All entrants will be recognized with a 3, 4 or 5 Bloom Award and will be eligible for Top Criteria Awards. Winners will be announced at the Communities-in-Bloom Awards Gala, at the Leisureplex Banquet Hall on Sunday August 17, 2014.

STEP 1 - REGISTER IN ONE CATEGORY

- ☐ Single Residential
- ☐ Residential Neighbourhood
- ☐ Village Streetscaping
- ☐ Window Boxes or Planters
- ☐ Vegetable Gardening
- ☐ Blooming Beginners
- ☐ Small Business (1-10 employees)
- ☐ Commercial (over 10 employees)
- ☐ Industrial
- ☐ Institutional
- ☐ Kids-in-Bloom

STEP 2 - PREPARE for the JUDGES VISIT

Volunteer Judges will visit your property starting **Thursday July 17, 2014**

Further information will be mailed to you, after you submit this form. You agree to allow judges unencumbered access to your property & acknowledge that photographs, registrant names & property addresses may be published for promotional purposes. Please keep your pets in a secured area during the Judges visit.

Step 3 - attend the awards Gala

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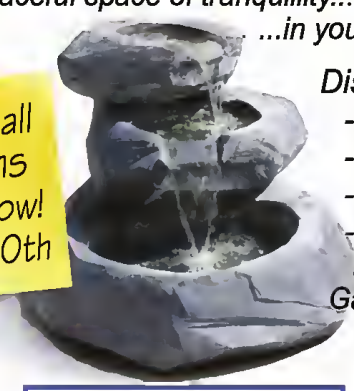

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ONGOING

WALKING GROUP

The Walking Group meets twice weekly, Mondays and Thursdays from 9 a.m. to 10 am at the Leisureplex next to the Town Hall on Garrison Road. The group is open to anyone, but the focus is toward individuals with Diabetes who find it difficult maintaining an adequate activity level during the winter months. Services include pedometers for measuring distance, hand held tally counters for measuring laps, glucometers, a log book and resources for Diabetes management.

SOCIAL GROUP

Drop in for a warm beverage and some lively conversation the first and third Tuesday of every month. 10 a.m. to noon. Bridges Community Health Centre, Fort Erie, 1485 Garrison Rd. No registration required. For more information call 905-871-7621.

PARENTING NETWORK

group which meets monthly on the last Wednesday of each month from 6 p.m. to 9 p.m. Meetings provide support for caregivers of children, youth or adults with autism, a developmental disability, or mental health issues. Bridges Community Health Centre, Fort Erie.

GROCERY STORE TOURS

Discover how to make healthy food choices, read labels and shop on a budget. Offered by Bridges Community Health Centre Fort Erie. Tours will be schedules based on expressed interest. Call 905-871-7621 for more information.

BORN TO READ

For babies newborn through those about to take their first steps and their parent or caregiver. Bounces, tickles, rhymes, music, movement, book sharing and more. Participants should bring a small blanket and toy. $2 per session. Pre-registration not required. Fort Erie Public Library Centennial branch. Thursdays, 1:30 p.m.

READY TO READ

Join us for reading, writing, talking, singing and playing - the five fundamental skills that get children Ready to Read! For children ages 1.5 and up. $2 per session. Pre-Registration not required. Fort Erie Public Library. Centennial branch, Tuesdays, 10:30 a.m.; Crystal Ridge branch, Wednesdays, 10:30 a.m.

BRAIN EMPOWERING

Team support group for individuals with chronic health conditions, survivors of stroke, those with neurological impairments and volunteers. Weekly meetings in Fort Erie include speakers reading about health issues and discussions. New members welcome. Call 905-871-7510 or 905-871-3948.

NIAGARA ACTION

For Animals Bazaar every Saturday and Sunday and statutory holiday from 9 a.m. to 6 p.m. at the County Fair Mall. Proceeds to benefit local animals in need. For more information call Patricia Naylor at 905-871-7493.

KNITTING

Want to learn to knit or practice knitting? Ages 8-14 years old. Free in partnership with the Bowen Road Women's Institute. All materials are supplied. Fort Erie Public Library Crystal Ridge branch. Thursdays, 6:30 p.m.

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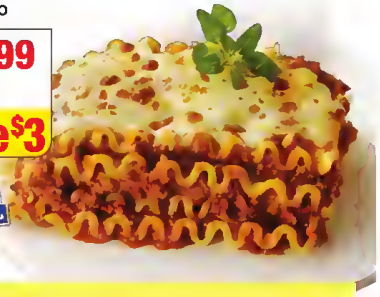

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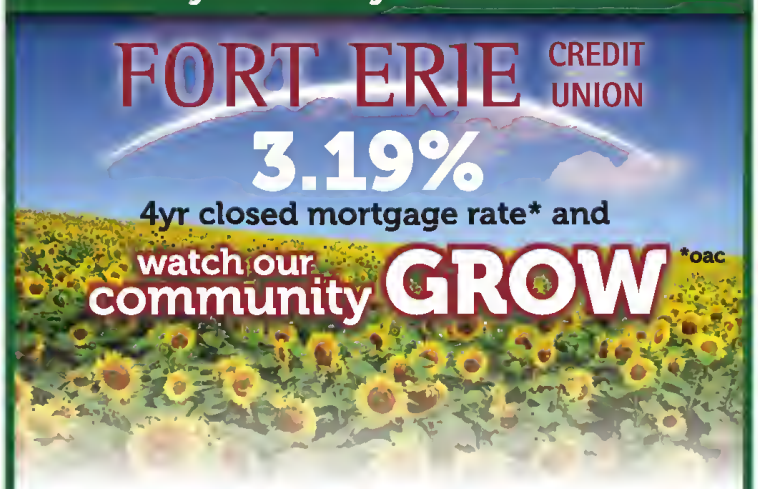

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Sizzlin' success

SARAH FERGUSON Fort Erie Times

Canadian Niagara Power has expanded its high voltage transmission station on Gilmore Rd. The installation of a new 63 power transformer doubles the capacity of the station and increases the overall system redundancy for the Town of Fort Erie. The upgraded station ensures that the town's entire load would no longer be supplied by a single power transformer should a power outage occur. From left, vice-president of operations, Angus Orford, Mayor Doug Martin, president Bill Daley, vice-president of corporate services, Scott Hawkes and vice-president of operations, Jie Han recently celebrated the re-opening of the upgraded station.

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SARAH FERGUSON Fort Erie Times

About 150 students at a time visited Bay Beach Friday as part of Beach Day, a celebration which marks the end of the school year for high school students in Niagara.belong in each recycling box.

No major incidents during Beach Day in Niagara

Sarah Ferguson
Fort Erie Times

The Niagara Regional Police had "no major problems" during Beach Day on Friday according to Fort Erie Staff Sgt. Stephen Tchang.

"It was less than anticipated," Tchang said about the amount of sun-seeking youth that visited Bay Beach in Crystal Beach.

"At any one time there were no more than 150 students on the beach throughout the day. All were orderly."

One exception, said Tchang, occurred when police confiscated marijuana from one youth.

"This incident will be dealt with according to measures set out by the law. The incident occurred in a car in the parking lot," Tchang said.

Police anticipated Niagara youth to fill the shores of Lake Erie last Friday as part of "Beach Day," a celebration which marks the end of the school year for most high school students.

"I think, like anything, there had been rumours that it could have been more than the 150 people we had. We always prepare for the most," Tchang said.

"This year, youth were spread out to over several beaches so there wasn't a concentrated amount of kids at one beach."

Tchang said he was unaware of any major problems that occurred on any of the beaches in the Niagara region.

"From what I hear, it has been all-around orderly with no problems," he said.

"I think the kids are used to having our presence there and they understand why we are there."

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Niagara Falls residents share struggle with autism

Sarah Ferguson
Fort Erie Times

Life hasn't been easy for Jeff Foreman.

The 36-year-old Niagara Falls resident was diagnosed with Asperger's syndrome when he was 16 years old.

Jeff and his family have faced many challenges before and even after he was diagnosed with the condition at the age of 16.

"The first time I noticed something wonky was when he was six weeks old," said mom Beverly Foreman.

When Jeff was a child growing up in Montreal, very little was known about autism.

When Jeff's doctors couldn't find anything wrong thing him, they said Beverly was "neurotic" and wanted something to be wrong with her son.

"When he was finally diagnosed, it was a huge relief. It was a good feeling to finally have someone take us seriously," Beverly said.

Before having a diagnosis, Beverly said her son would become angry and throw objects or even punch holes in the wall. When Jeff learned he had autism, he understood his feelings and managed to learn his own way of dealing with autism

"After he was diagnosed, there were no more Swiss cheese holes in the wall."

Most importantly, having a diagnosis allowed Jeff to realize he was a good person.

"Jeff said to me 'I'm not a bad kid, I'm not a bad person. It's just what this thing is (autism) I'm living with," Beverly said.

Having a diagnosis eased Jeff's mind, but he still struggled in school. He also has trouble finding employment because he said some people "can't look beyond" his disability.

Although Jeff may require more training, and more patience and understanding, he said he is capable of doing the same jobs other people do.

Jeff has a goal to help people facing autism today find hope and inspiration.

SARAH FERGUSON Fort Erie Times

Beverly and Jeff Foreman look at Jeff's book, A Raging Silence, which was published in 1996. The book is about Jeff's experiences growing up with autism.

On Saturday, Jeff shared his story of facing autism at the Fort Erie Public Library's Centennial branch in Fort Erie.

It was one of many discussions Jeff has given. He tries to speak to as many people as possible to raise awareness for people diagnosed with autism. He will continue his "life-long battle" to end stereotypes associated with the autism.

"I'm like a dog with a bone and I won't stop until I get what I want," Jeff said about his mission to raise awareness of autism.

In 1996, Jeff wrote a book called A Raging Silence. The book is about his life growing up with autism. Since he wrote the book, Jeff has been traveling across Ontario to share his story.

Beverly said her son will continue to face obstacles during the course of his life because he has autism.

"He still has to live with AS. It's difficult because people have expectations."

What Beverly wants most for her son is for people to become more knowledgeable about autism.

"Say for example if we go out to eat, it takes a few minutes for Jeff to get his thoughts together and decide what he wants."

Sometimes, Beverly said, the waitress might become impatient with Jeff because he can't form his thoughts as quick as she would like.

"We find more times than not, people can be cruel," Beverly said.

Jeff wasn't the only one who faced difficulty during his childhood—his siblings also felt the impact of Jeff's condition.

"If we had a diagnosis, it would not have damaged the other children as we were constantly on the road, going to hospitals," Beverly said.

Beverly and Jeff encourage people in Niagara who are facing autism to give them a call for support or to answer any questions.

"We'd be happy to help in anyway we can," Jeff said.

Copies of a Raging Silence will be available for sale and signing at the library.

The public can also purchase a copy of A Raging Silence, or speak to the Foremans by phone. For more information call Jeff at 289-296-2677 or Beverly at 905-354-3508.

sarah.ferguson@sunmedia.ca

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Senior group accepts challenge to improve community

Maple Park Lodge
Special to The Times

Ruth Vold Markle of the Fort Erie Garden Club has challenged the community to preserve and plant to make a difference that will last.

We had many residents inspire us through their life interests and lessons on respecting, protecting and preserving nature and wildlife for future generations. It's not surprising that with retired teachers, previous members of local garden clubs and conservation groups living at our home, we now have set short and long term goals.

We strive to improve our home property. This will be accomplished in an environmentally sensitive way.

Our short term goal is to educate our home community, include more native plants in our gardens and build a Monarch friendly habitat. The Monarch butterfly population has declined drastically since 1993.

We need to do our part to protect these amazing creatures. They need our help and we need theirs to pollinate our crops and flowers, and to lift our spirits.

We planted our first butterfly garden bed last Friday with the support of friends, staff, families, volunteers and out community partner, the Ridgeway Garden District Club.

In order to educate ourselves, we met with members from the Bert Miller Nature Club, Master Gardeners of Niagara, and our local greenhouse owners.

In addition, we have contacted the Niagara Parks School of Horticulture and the Butterfly Conservatory for guidance.

Our long-term goal is to become a certified Monarch Waystation.

We challenge the community to join us in our efforts.

Help us lobby local and provincial governments to let milkweed grow.

Avoid using pesticides and plant butterfly nectar gardens.

Do what you can on your own properties.

We also encourage businesses and community groups to get involved in protecting the Monarchs.

As individuals, we can join organizations that support conservation projects. Young, old, or somewhere-in-between, we can have a positive impact on others and contribute to making a difference in our communities.

SARA FOULIS Fort Erie Times

Friday was home-wide gardening day at Maple Park Lodge. The residents' planning committees chose all the flowers, plants, color combinations and designs for the home. Residents, families, volunteers, and staff planting that day. Volunteers joined us from the Ridgeway & District Garden Club, Bert Miller Nature Club, and B.E.T. Support Group. The event was organized by the Director of Therapeutic Recreation,

SARAH FERGUSON Fort Erie Times

The Ridgeway Lioness Club recently held its annual Spring Fashion Show at the Crystal Ridge Community Centre. Fashions were provided by Three Ferrises, Jay Set Fort Erie, and JB Fashions. Hair design was provided by Revival Ridgeway and make up was provided by Chakra Spa and Fitness. From left, Lioness president Glad Brant, Spencer Gullian, Sam Thomlinson, Shawn Watson, Deb Clemence and Linda Rees, along with the Lioness Club, would like to thank volunteers and everyone who helped make the fundraiser a success.

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Protect your brain

SARAH FERGUSON Fort Erie Times

The Head Injury Association of Fort Erie celebrated Brain Injury Awareness Month by hosting a clinic on Saturday and Sunday to raise awareness for brain injuries. The event featured a barbecue, bake sale, and face painting. Free bike and helmet checks were also offered on both days. Those who attended on Sunday also received a a free car seat check. The HIAFE also handed out 100 free helmets to children in need. From left is (back) Jake Guindon, Ryan Brigham, Wesley Landon, Larry Mathewson, (front) Bryson Donald, Tate Donald, Mya Denham and Sadie Denham.

Gymnasts take top honours

CLAIRE TARTAGLIA Special to The Times

Niagara Acro Cats gymnasts Morgan Tartaglia and Abby Bolton performed well at the Eastern Canadian championships in May. Tartaglia placed fourth on vault, second on bars, third on beam, forth on floor and third overall. Bolton placed third on vault, fifth on bars, tenth on beam, third on floor and fifth overall.

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DRUGS AND ALCOHOL

Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbituates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDS (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken to together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive affects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

BOGGIO & EDWARDS PHARMACY
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Sports

Editor Sarah Ferguson
905–871–3100 ext. 207 sarah.ferguson@sunmedia.ca

Rio Vista retirees enjoy 'excellent' weather on the links

Tony Vanderklei
Special to The Times

It was excellent golfing weather last Wednesday morning for 40 senior retirees who came out during their weekly event.

The format was was the popular Texas Scramble, which gave the less gifted guys a little more leeway.

Though it's not just for the golfing activity, the fraternization and socializing with each other is really the big feature. Winners this time were the foursome of John Shumilak, Bruce Stapleton, Bob Chapman and Doug Horner.

Second place went to the group of Dave Weaver, Bill Prow, Len McLellan and Clive Ancaster.

Third place went to Jim Dumelie, Norm O'Brian, Dave Spence and Barney James.

The mystery prize went to Bob Woehl and the 50/50 draw was won by Bob Chapman.

The golfing conditions were ideal for the Rio Vista Retirees on May 28 for the 38 players who turned up to play golf.

The format was the regular one but with rolling the dice to determine whose score to pick for each hole. As usual, with the game of golf, there are ups and downs, but the fraternization and camaraderie makes it all worth while.

Winners were the trio of Ron Winger, Wayne Learn and Al Payne.

Second place went to the foursome of John Lunn, Art Drover, Tony Vanderklei and John Shumilak.

Third place winners were Dave Ferris, Neil McKinnon, and Tom Hales.

The mystery hold for a bonus point was hole one.

Winner of the 50/50 draw was Brian Winrow, mystery prize went to Romeo Denommee.

It looked like the Rio Vista Retirees were going to have to have another rain-out on May 21.

Mother Nature showed her mercy this time and a short precipitation in the early stages didn't bother the 38 seniors that turned up to play the popular Texas scramble format.

The closest to the pin on hole seven winners were Henry Doering, Nick Langelaan, Dave Spence and Brian Stapleton. Runners up were Dave Ferris, Barney James, Bill Prows and Doug Horner. Third place went to Warren Hanks, Norm Backshall, Cliff Wilson and Ron Winger.

Closest to the pink on hole seven by only half of a foot was Simon Holierholk.

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Cannons improve record 3-2

Fort Erie Cannons
Special to The Times

The Cannons improved their record to 3-2 after snapping a two-game losing streak with a solid 7-1 road win in Welland on June 2 against the Pirates.

Starter, lefty Zak Porter earned the gold helmet striking out 10 Welland batters while giving up only four base hits and one run in 6 1/3 innings. Offensively Matt Kissel (2-4), Matt PIne (2-4) Josh Connor (2-3) Josh Bessems (2-3) at the plate supplied most of the offense. Lead off batter Kris Hodges scored two runs and had two stolen bases.

The Fort Erie Cannons hosted the Welland Pirates Wednesday night but results were not available prior to press time.

Enjoy a night out to show support for the Fort Erie Public Library

Proceeds from golf-themed party to help build children's area at Crystal-Ridge branch

Sarah Ferguson

Golfers and fans of the sport won't want to miss A Night Fore the Library Golf Gala.

The after hours golf-themed party will be held at the Fort Erie Public Library's Centennial branch on Friday July 25 from 7 to 10 p.m.

"This is the first time that we are hosting an event of this kind and we hope that it becomes successful enough to become a yearly thing," Ashlea Carter, of Friends of the Fort Erie Public Library, said.

The golf-themed party will feature live music, indoor putting greens, hors d'oeuvres, Canadian Open highlights, a silent auction and wine.

The Friends of Fort Erie Public Library are hosting the event to raise funds for a new children's area at the library's Crystal-Ridge branch. The cost of the new play area is about $7,000.

Once completed, the children's area will feature new shelves, new books and an interactive children's wall with games that will act as a wall divider, Craig Shufelt, the library's chief executive officer, said.

"The Crystal-Ridge branch has never had one (a children's area) and the demand is growing because there are a growing number of young families living in the area," he added.

It's important to fundraise for new items for the library because it "doesn't get all of the extras they would like from the budget," said Friends of Fort Erie Public Library member Maryann Madden.

"Whenever we want to do something that is over and beyond the budget, we have to fundraise for it ourselves."

Madden encourages the public to attend the golf gala in July to show support for the library and the services it offers to the community.

Tickets are $30 per person and they are available at all branches of the library.

For more information about the party, call Ann McLaughlin at 905-894-1941.

sarah.ferguson@sunmedia.ca

Who: The Friends of Fort Erie

What: Host a Night Fore the Library Golf Gala.

Tickets are $30 per person.

When: Friday, July 25 from 7 p.m. to 10 p.m.

Where: Fort Erie Public Library Centennial branch.

SARAH FERGUSON Fort Erie Times

Friends of Fort Erie Public Library members Maryann Madden, Mark Vincent and Ashlea Carter with library CEO Craig Shufelt invite the public to attend the inaugural A Night Fore the Library Golf Gala on July 25 at the library's Centennial branch. Proceeds from the evening will be used to fund

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A 5 Bloom Award for Fort Erie

Communities in Bloom / Collectivités en fleurs
Fort Erie is a 2012 National Winner

We just had out-of-town guests for a weekend visit; their first since we moved here. On our driving tour, they saw what we saw when we began our search for a new home - a beautiful resort-like area with many unique homes and handsome landscaping. Each part of Fort Erie was gorgeous, but different—each had its own charm and picturesque vistas, all contributing to make the whole great. Kind of like an orange...each section delicious on its own, but so much better all together!

The Communities-in-Bloom encourages everyone to contribute to making our whole community even better, and it's not just about pretty gardens. It's about being good guardians of what we are blessed to have. What we are striving to achieve is to make Fort Erie the best it can be.

To start with, we have a bounty of beauty all around us, something other towns & cities would give their eye-teeth to have.

Let's expand on that, take it to the next level by keeping our spaces clean and tidy; making wise choices to help the environment, conserving our resources, making and keeping our town beautiful.

A community wide effort to make our town the best place to be is surely deserving of a 5 Bloom award!

Gobrielle Todd is a member of the Communities-in Bloom Committee

Garden of the Week

Allium 'Beauregard', (which can grow up to 5 ft tall with a flower up to 1½ ft wide) shares the spotlight with yellow begonias and purple petunias at the Paulter home at 186 Lakeshore Rd in Fort Erie.

For more gorgeous pictures, "Like" our Facebook page, Fort Erie Communities in Bloom.

FORT ERIE ONTARIO Our Focus: Your Future

Communities-in-Bloom is committed to fostering civic pride, environmental responsibility and beautification through community involvement and the challenge of a national program, with a focus on enhancing green spaces in communities.

what's up Fort Erie!

2014
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Send us your sports reports

Spring has sprung and its arrival has signalled the beginning of the season for soccer, baseball, golf and other sports in Fort Erie.

The Fort Erie Times is asking readers to submit weekly game results in minor and adults sports leagues to be published in future additions of the newspaper.

Submissions to the Fort Erie Times must include the sport, division, final results, a brief summary of highlights of the game, a photo if possible, and contact information for clarification.

Submissions must be received no later than noon on Mondays to meet press deadlines.

E-mail your sports reports to sarah.ferguson@sunmedia.ca or call 905-871-3100 ext. 207.

Submissions can also be delivered to the Fort Erie Times, 450 Garrison Rd., Unit 1. Fort Erie, On., L2A 1N2.

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All persons having claims against the Estate of DOLORES ARLINE BRANDT, late of the Town of Ridgeway, Ontario, who died on April 30, 2013, are required to send particulars of such claims to the undersigned on or before the 27th day of June, 2014, after which date the assets will be distributed, having regard only to claims of which the Estate Trustee shall then have notice.
DATED at Port Colborne, Ontario, this 9th day of May, 2014.

DEBORAH ANNE DUCHARME
Estate Trustee
By BLACKADDER LEON MARION & FAZARI LLP
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R. BRIAN MILLER, Solicitor for the Estate

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Legals

Legals

NOTICE TO CREDITORS

All claims against the Estate of CLARA CECILIA KOHINSKI, late of the Town of Fort Erie, in the Regional Municipality of Niagara, who died on or about the 13th day of May, 2014, must be filed with the undersigned personal representative on or before July 18th, 2014, thereafter, the undersigned will distribute the assets of the said Estate, having regard only to the claims then filed.

DATED at Fort Erie,
this 21st day of May, 2014.

Doug R. Kohinski and Margaret Brunning
Estate Trustees
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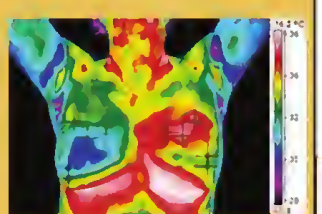

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Birthdays

Birthdays

90th Birthday Celebration for

Louise Sider
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2 - 4 pm
@ the Home of Dale Sider
455 Ridge Road, Ridgeway
Best wishes only.

Thank You Notes

Thank You Notes

THANK YOU

I would like to thank all my friends and family who attended my 90th Birthday Open House on Sat. May 31st. Thank you for the cards and best wishes, everyone made the day memorable. I especially would like to thank Jessie, her girls and their families who worked hard to make this day possible. Also thank you to Connie and her helpers at the Stevensville Conservation Club for preparing a delicious luncheon.

Carl Nigh

Forthcoming Marriages

Forthcoming Marriages

Forthcoming Marriages

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Obituaries

DAVIS, Helen Lee Davis - (August 9, 1933 - June 5, 2014) was born quite a few decades ago. Never mind the numbers, Mom was never good at that kind of math. . . . pastries or sewing for that matter; but Lee was very good at many other things. Organizing and administration of four kids under 5 years -That did not even include Dad! Plus working at many really cool jobs over the years, finishing off with her own company! I am very proud of Mom's achievements as her life unfolded. There were many wonderful friendships, Glady and Julie to the end. Louise was one incredible niece. Helen, her kindred spirit, also a member of the Bidwell Brownies, was her sidekick for a long time. There are many others at Maple Park Lodge, Crystal Beach, Ridgeway and here and there and everywhere. A wonderful spring day took her breath away. Mary and Stephen and Helen were awaiting her arrival. I hope, Dad too. Funeral arrangements entrusted to **WILLIAMS FUNERAL SERVICES**, Ridgeway. In memory of Lee those who wish may donate to the charity of their choice.

IRISH, John "Jack" - Jack passed away at Crescent Park Lodge on Wednesday June 4th at the age of 96. He is predeceased by his parents and his brothers Duncan and Clive. He is survived by his 2 nieces and his nephew, his great nieces and nephews and extended family. Jack will be remembered by many as the co-owner of Irish Brother's Hardware on Queen St. in Fort Erie. Jack was a Life Member of Palmer Lodge 372 A.F. & A.M. **BENNER FUNERAL SERVICES**, 1105 Benner Ave. Fort Erie entrusted with arrangements. In keeping with Jack's wishes, cremation will take place and there will be no formal funeral services. Jack loved to fish and enjoyed being in the north, surrounded by nature. Donations to Duck's Unlimited would be appreciated by the family.

A Loving Tribute

MACDONALD, William "Bill" - After a brief battle with cancer at Haldimand War Memorial Hospital, Dunnville on Tuesday, June 3, 2014 in his 70th year. Dearly missed by his wife Ann; loving children, Melissa Macdonald, Craig (Kate) Macdonald, and Jeff Fader; cherished grandchildren, Abigail and Amelia. Also sadly missed by brothers Sandy, Archie and sisters Sheila (late Dan) Bullock and Dr. Lori Macdonald (Paul Deepan), and nieces and nephews. Bill worked at Fort Erie Secondary School for 28 years where he was a vocational director and welding teacher. Among his other joys were golfing, fishing, skiing, scuba diving and vacationing in Cozumel, Mexico. Special thank you to Dr. Lee and Dr. McMichen for their excellent care. We would also like to express great appreciation to Keith Debski and the friends who supported Bill during his illness. A private service is planned for a later date. Donations to Canadian Cancer Society or the Dunnville Hospital & Healthcare Foundation would be sincerely appreciated. Arrangements entrusted to **BALLARD MINOR FUNERAL HOME, Dunnville**. www.ballardminorfh.ca

Remember... on yourlifemoments.ca

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In Memoriams

BETTY REAMAN
In loving memory of a Dear Mother, Grandmother and Great Grandmother who passed away June 15, 1999.

Death leaves a heartache
No one can heal;
Love leaves a memory
No one can steal.

Lovingly remembered by
Judy, Ron, Alesha,
Tyson and Carter

DAKU, Renne -
Oct 28 1944 - June 8 2005

Sadly missed but never forgotten
You are in my thoughts everyday and memories last forever. Its still nice to be nice and I miss you, Buddy.

Love, Toad

Irene Nelson
In loving memory of our Mother, Irene, who passed away June 18, 2012.

In our hearts, your memory lingers
There's not a day that we don't think of you.

Lovingly remembered by
May, Ken, David and Jackie

Wayne Peck
May 11th, 1957 - June 12th, 2013

In loving memory of my "baby" brother Wayne who was tragically taken from us on June 12th, 2013. It is so very hard to believe that a year has passed since we received that heartbreaking phone call. You fought so hard to stay with your loved ones but despite our prayers God called you home. Knowing that your are free from pain and are with Dad & Mom makes things a little more bearable. Words cannot express how much I miss your calls, your handyman tasks around my house, your jokes, and of course your never ending teasing. Spring was not the same without our flower and vegetable plants that you grew from seedlings for us each year. Despite all of my tears I try to carry on because I know that is what you would want. The pain of missing you is as bad today as it was a year ago.
Until we meet again dear brother!
Love Sally xoxo

YOUR
lasting legacy
will give Canadians more time to laugh, to love and to live.

Please remember us with a gift in your Will and help plant seeds for tomorrow, **today.**

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Practise a healthy lifestyle.

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CALL OUR CANCER INFORMATION SPECIALISTS WITH YOUR QUESTIONS OR TO CONNECT WITH OUR SUPPORT SERVICES.

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LAST - MINUTE GIFTS FOR DAD

Friday June 13th to Thursday 19th, 2014

Master Chef® E500 Propane BBQ

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SALE $299.99

#85-3044-6 Reg $399.99

Master Chef® E500 Natural Gas BBQ

SAVE $100

SALE $349.99

#85-3045-4 Reg $449.99

Cuisinart® Gourmet 700 Natural Gas BBQ

SAVE $100

SALE $449.99

#85-3057-6 Reg $549.99

Cuisinart® Gourmet 700 Propane BBQ

SAVE $100

SALE $399.99

#85-3056-8 Reg $499.99

Coleman® Even Heat™ Dual Fuel Propane BBQ

SAVE $150

SALE $649.99

#85-3076-0 Reg $799.99

Coleman® Even Heat™ Dual Fuel Natural Gas BBQ

SAVE $150

SALE $699.99

#85-3077-8 Reg $849.99

Master Chef® Wood BBQ Tool Set, 10-pc

SAVE $15

SALE $14.99

#85-3277-2 Reg $29.99

Vision Grills Kamado Professional C-Series Charcoal BBQ

SAVE $50

SALE $749.99

#85-3662-4 Reg $799.99

Deluxe Grill Gazebo

SAVE $100

SALE $399.99

#85-1244-2 Reg $499.99

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels.

This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function.

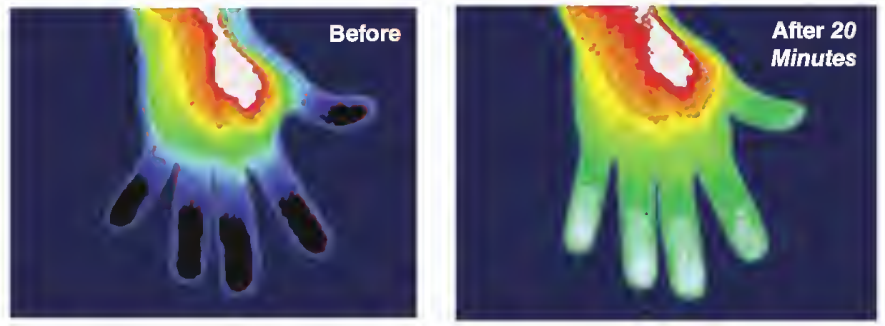
Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women.

Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

"We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.



Dark = Low Blood Flow | Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
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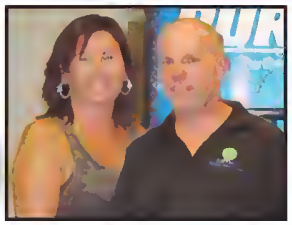

Tanya & Ian Birrell
Owners of The Healthy Cupboard

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